Fitness Specialist

Course description: The Fitness specialist program is designed to prepare students for work in the fitness industry. Personal fitness trainer and other fitness certifications can be obtained after completing the program. The year-long program consists of one classroom period and one practicum period. The practicum class must complete 90 hours per semester with a flexible schedule (before school, after school, a selected class period, and/or weekends). The practicum will be conducted at local fitness/wellness facilities, workout centers, sports fitness classes, and /or team workout sessions.

Fitness Specialist Program components:

•Full Year Class- One period classroom (6th period) + one period practicum/internship (2 periods total).

•Practicum/Internships can be done either before school, after school, weekends, and/or during a selected school period. Practicum students must complete a minimum of 90 hours per semester (5 hours/week) in clinical internships.

Rotating Practicum/Internships:

•Fitness assistant for Sports Fitness classes/WHS sports teams
•Community fitness classes (Senior Center, retirement homes, etc.)
•Local area fitness centers/gyms (Gold's Gym, YMCA, Wenatchee Racquet and Athletic Club, Wenatchee Valley College Fitness Center)
•Medical (cardiac rehab/medical supervised fitness rehab)- Wenatchee Valley Clinic
•Outdoor fitness facilities- Mission Ridge, outdoor shops, local outdoor guides.
•Others facilities as arranged (e.g. physical therapy=Biosports, etc.)

TEXT: PERSONAL TRAINER MANUAL (American Council on Exercise)
First Semester
Upon completion of each of these units, the student should be able to:

Week

1 Intro to Fitness/Wellness
•Describe current state of the fitness industry
•Describe the role health insurance plays in fitness
•List and describe target population for fitness club
•List and describe the services offered by fitness/health club

2/3 CPR/First Aid (Chapter 16+ Red Cross Book)

•Describe and demonstrate how to recognize and care for the following CPR/First Aid procedures: approach procedure, adult/child/infant CPR, airway obstruction, adult AED, splinting, bleeding control, seizures, shock, sudden illness.

4/5 Human Anatomy (Chapter 2)

•Know basic anatomical terminology
•Describe location and functional anatomy of the heart
•Describe and locate the the major arteries and vein
•Describe the functional the central and peripheral nervous system
•Locate and identify functions of bones of the axial and appendicular skeletal system
•Identify the structure and type of movement allowed by joints
•Demonstrate the fundamental movements of the human body
•Identify major muscle names and locations

6/7 Biomechanics and Applied Kinesiology (Chapter 3)

•Describe the physical laws affecting motion
•Describe basic human motion terminology
•Locate and identify muscles and movement of the upper extremity
•Locate and identify muscles and movement of the lower extremity
•Describe the movement, function and implication of body's muscles with activity
•Design a exercise program with correct function in relation to the body's anatomy

8/9 Physiology of Exercise (Chapter 1)

•Describe the component necessary to achieve optimal fitness
•Describe the physiology of the cardiopulmonary system
•Describe the three energy pathway systems
•Describe the cardiopulmonary responses to exercise and aerobic training
•Describe the four variable to consider when developing a CV training program
•Describe basic skeletal muscle anatomy and physiology
•Describe strength training guidelines

10 Health Screening (Chapter 5)

•Describe the components of a health history form
•Describe the conditions that require medical clearance
•Describe the guidelines for making professional referrals
•Describe and demonstrate using form to collect information from a client and to gain medical approval to start an exercise program.

11/12 Fitness Testing and Evaluation (Chapter 6)
•Describe the purposes of exercise testing
•Describe and demonstrate pretest and safety procedures
•Describe and demonstrate methods for cardiorespiratory testing and evaluation
•Describe and demonstrate ways to test and evaluate body composition
•Describe and demonstrate methods for flexibility testing and evaluation
•Describe and demonstrate ways to test and evaluate muscular strength and endurance

13/14 Cardiorespiratory Fitness/Exercise (Chapter 7)
•Describe the cardiovascular health benefits and adaptive physiological responses
•Describe and demonstrate components of cardiorespiratory exercise programming
•Describe and demonstrate types of training methods
•Describe and demonstrate methods of monitoring and measuring CR intensity
•Describe and demonstrate guidelines for programming various activities
•Describe and demonstrate special considerations and safety during cardiorespiratory programming

15/16 Muscular Strength and Endurance (Chapter 8)
•Describe the benefits of strength training
•Describe biomechanical and physiological factors that affect strength
•Describe and demonstrate the relationship between muscular strength and endurance.
•Describe and demonstrate guidelines and considerations for effective strength training.

17/18 Strength Training Program Design (Chapter 9)
•Recite basic questions to use to gather important programming information
•Describe four basic program designs
•Describe and demonstrate how to determine proper intensity
•Describe and demonstrate how to plan recovery phases
•Describe and demonstrate indicators for changing a strength program
•Describe and demonstrate the practical application of strength design
•Describe and demonstrate the basics of periodization
•Describe and demonstrate record keeping basics
•Describe and demonstrate example of exercise for major muscle groups with performance recommendation and spotting tips

Second semester

19/21 Winter Fitness sports
•Describe the employment opportunities in North Central Washington in the winter fitness area (ski area management, ski instructor, etc).
•Describe and demonstrate knowledge and skills in the following winter fitness opportunities: cross-country skiing, downhill skiing/snowboarding, snowshoeing, and others as presented.

22 Flexibility (Chapter 10)
•Describe flexibility basics
•Describe and demonstrate the mechanics of stretching
•Describe and demonstrate how the sensory organs are responsible for the stretch reflex
•Describe and demonstrate the principles of stretching
•Describe and demonstrate flexibility for major muscle group

23/24 Practical Application of Exercise Programs
•Describe and demonstrate practical teaching in WHS physical education classes

25/26 Nutrition (Chapter 4)
•List the six major classes of nutrients and their major classes of nutrients and their major functions
•Describe the difference between essential and non-essential nutrients
•Draw and Describe the food guide pyramid and some changes/additions you would make.
•Describe the basic classifications of vegetarians
•Describe the nutrient needs of the physically active
•Describe the connection between diet and heart disease
•Describe the importance of hydration and fluid replacement in sports

27 Fitness Programming for the Healthy Adult (Chapter 11)
•Describe the basic components of program design
•Describe how to program for physical fitness compared to health and disease prevention
•List the traits of a good exercise consultant
•List and Describe the guidelines for rate of progression and retesting
•Demonstrate the practical application of programming

28 Special Populations and Health Concerns (Chapter 12)/Musculoskeletal Injuries (Chapter 15)
•List exercise guidelines for cardiovascular health disorders and diabetes
•Describe and demonstrate recommendation for setting individuals with the following health concerns: respiratory disorders, cancer, osteoporosis, arthritis, low

back pain, weight management, older adults, children, and pregnancy.
•Describe and demonstrate the basic tissue functions and the effects of injury on each type of tissue
•Demonstrate how to treat any injury with the RICE method
•Demonstrate exercises to avoid for clients with pre-existing musculoskeletal injuries
•Describe the environmental impact on injuries

29 Principles Adherence and Motivation- (Chapter 13)/ Communication and Teaching Techniques (Chapter 14)

•Describe the basics and factors influencing exercise adherence
•Describe factors affecting client motivation
•Describe the stages of the personal trainer/client relationship
•Demonstrate basic teaching techniques
•Demonstrate the characteristics of effective feedback

30 Legal guidelines and Professional Responsibility (Chapter 17)/Fitness industry/health club management/marketing

•Describe the differences between independent contractors and employee
•Describe the elements of a binding contract
•Describe and demonstrate the scope of practice, legal responsibilities, and legal issue regarding liability, concepts and defense
•Demonstrate your ability to set up a marketing program as a personal fitness trainer.

31/32 Setting Up Your Business/Job Interviews/resume/Portfolios Portfolios

•Demonstrate how to set a personal trainer business
•Demonstrate and develop a complete employment package including resume, cover letter, and job interview skills

33/36 Outdoor Fitness

•Describe the employment opportunities in North Central Washington in the outdoor fitness area.
•Describe and demonstrate knowledge and skills in the following outdoor fitness opportunities: hiking/backpacking, kayaking/canoeing, rock climbing, mountain biking, and others as presented.