

# Glendale College

## Course Outline of Record Report

Course ID 003018  
Cyclical Review - November 2025

### KIN156 : Personal Fitness Training

#### General Information

Author:	• Erin Calderone
Attachments:	Minutes 12_13_24 (2).docx DE Addendum_KIND_156 COR_9:27:2023 CoDE_11:28:2023.pdf
Course Code (CB01) :	KIN156
Course Title (CB02) :	Personal Fitness Training
Department:	KIN
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.20) Fitness Trainer
CIP Code:	(31.0507) Physical Fitness Technician.
SAM Code (CB09) :	C - Clearly Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000564871
Curriculum Committee Approval Date:	11/26/2025
Board of Trustees Approval Date:	01/13/2026
Last Cyclical Review Date:	11/26/2025
Course Description and Course Note:	KIN 156 covers the theory and practice of individualized exercise prescription for personal training, including: a review of exercise science, health risk stratification, fitness assessment, fitness program and session design, proper execution of exercises, technique cuing and error correction, lifestyle coaching skills, and considerations for special populations. Students assess practice clients, design exercise programs, and implement training protocols through supervised sessions in the lab. This course prepares students to sit for a third-party certified personal trainer (CPT) certification exam.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote • Hybrid
Author:	No value
Course Family:	No value

#### Academic Senate Discipline

Primary Discipline:	• Kinesiology
Alternate Discipline:	No value
Alternate Discipline:	No value

### Last Course Offering

**When was this course last offered (term and year)?**

Spring 2025

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to CSU only

**Transferability Status**

Approved

### Units and Hours

#### Summary

<b>Minimum Credit Units (CB07)</b>	4
<b>Maximum Credit Units (CB06)</b>	4
<b>Total Course In-Class (Contact) Hours</b>	108
<b>Total Course Out-of-Class Hours</b>	108
<b>Total Student Learning Hours</b>	216

#### Credit / Non-Credit Options

**Course Type (CB04)**

Credit - Degree Applicable

**Noncredit Course Category (CB22)**

Credit Course.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

**Funding Agency Category (CB23)**

Credit Course.

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	3	0
Studio Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	54
Laboratory	54
Studio	0
<b>Total</b>	108
<b>Course Out-of-Class Hours</b>	
Lecture	108
Laboratory	0
Studio	0
<b>Total</b>	108

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

**Advisory**

BIOL115 - Human Biology

**Objectives**

- Identify the body systems, their organs and functions.
- Explain the homeostatic mechanisms of human organ systems.
- Describe the cause and effect of selected major diseases and conditions of the human body.

**AND**

**Advisory**

KIN167 - Weight Training and Conditioning I

**Objectives**

- Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness.
- Explain the significance of body awareness related to proper body mechanics.
- Explain how core strength, posture and proper form promote health and prevent injuries.
- Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.
- Identify appropriate resistance exercises to train major muscle groups.
- Identify errors of posture during activities of life and workplace body mechanics.
- Describe the principles of fitness.
- Design a personalized exercise program to achieve health-related fitness goals.
- Identify appropriate exercises for enhancement of core stability.

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**OR****Advisory****KIN168 - Weight Training and Conditioning II****Objectives**

- Prescribe exercise based on principles of fitness.
- Evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels.
- Identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals.
- Design and implement a resistance training and conditioning program to achieve skill-related fitness goals.
- Demonstrate proper technique with intermediate conditioning exercises.
- Discuss periodization of a training program relative to long-term, mid-term and short-term goal setting.
- Discuss nutritional considerations for resistance training, conditioning and sport-specific training.

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**OR****Advisory****KIN151 - Introduction to Exercise Science (in-development)****Objectives**

- Describe the functional anatomy of the human body.
- Explain the principles of basic biomechanics pertaining to exercise.
- Describe the basic concepts of kinesiology pertaining to exercise.
- Explain the fundamental concepts of exercise physiology.
- Analyze the acute and chronic effects of Different exercise stimuli on the physiological response of the human body.
- Apply scientific principles to exercise and fitness protocols.

**AND****Advisory****ABSE186 - Essentials in Reading and Paragraph Writing****Outcomes**

- Use reading comprehension strategies in order to respond with critical analysis.
- Analyze and use evidence from given texts to support claims.

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**OR****Advisory****ESL151 - Reading and Composition V (in-development)****Objectives**

- Read and critically analyze various academic readings.
- Employ basic library research techniques.

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**OR****Advisory****ABSE187 - Preparation for College Reading and Composition**

**Outcomes**

- Read, analyze, and evaluate concepts within literary and nonfiction texts.

**Entry Standards**

Entry Standards	Description
No value	No value

**Course Limitations**

Cross Listed or Equivalent Course	Description
No value	No value

**Requisite Validation**

**Upload Statistical Validation and/or other documents (if necessary)**

No Value

**Specifications**

**Methods of Instruction**

Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Multimedia
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activites (Trips)

<b>Methods of Instruction</b>	Discussion										
<b>Methods of Instruction</b>	Guest Speakers										
<b>Methods of Instruction</b>	Presentations										
<b>Out of Class Assignments</b> <ul style="list-style-type: none"> <li>• Case study analysis (e.g. a written analysis of the appropriateness of a fitness protocol for exercise choice)</li> <li>• Research papers (e.g. written review of research on the effectiveness of plyometrics for improving vertical jump height)</li> <li>• Interviews (e.g. a written summary of an interview with a personal trainer at a local gym)</li> </ul>											
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>										
Presentation (group or individual)	Performance evaluations (e.g. administration of a personal training session)										
Exam/Quiz/Test	Quizzes										
Activity (answering journal prompt, group activity)	Data analysis (e.g. analyze fitness test data gathered in lab)										
Project/Portfolio	Project (e.g. develop an exercise program for a given individual)										
Exam/Quiz/Test	Written exams										
<b>Textbook Rationale</b> This is the most current version of this text, which is the required text for third-party certification.											
<b>Textbooks</b> <table border="1"> <thead> <tr> <th>Author</th> <th>Title</th> <th>Publisher</th> <th>Date</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Cedric X. Bryant</td> <td>The exercise professional's guide to personal training : a client-centered approach to inspire active lifestyles</td> <td>American Council on Exercise, San Diego, California</td> <td>2020</td> <td>9781890720766</td> </tr> </tbody> </table>		Author	Title	Publisher	Date	ISBN	Cedric X. Bryant	The exercise professional's guide to personal training : a client-centered approach to inspire active lifestyles	American Council on Exercise, San Diego, California	2020	9781890720766
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Cedric X. Bryant	The exercise professional's guide to personal training : a client-centered approach to inspire active lifestyles	American Council on Exercise, San Diego, California	2020	9781890720766							
<b>Other Instructional Materials (i.e. OER, handouts)</b> No Value											

<b>Learning Outcomes</b>
<b>Course Objectives</b>

Apply scientific principles of exercise training to assessment and design of fitness programs.

Assess clients using appropriate subjective and objective assessments.

Instruct individual exercise sessions effectively, providing appropriate motivational and correctional feedback.

Adapt exercise programs for special populations within scope of practice for personal trainers.

Demonstrate and cue a variety of exercises with proper technique.

Design individualized fitness programs and routines based on fitness assessment and client goals.

**SLOs**

**Describe scientific principles for fitness training.**

Expected Outcome Performance: 70.0

<i>KIN</i> Fitness Specialist A.S. Degree	Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.
	Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

<i>KIN</i> Fitness Specialist Certificate	Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.
	Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

<i>KIN</i> KIN 151	Apply fundamental science of kinesiology to assess, design, implement, and lead fitness programs for individuals.
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<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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<i>PE</i> PE 221	Demonstrate proficiency in kickboxing techniques.
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<i>KIN</i> Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

**Show correct form and instructional cues when demonstrating exercises.**

Expected Outcome Performance: 70.0

*KIN*  
Fitness Specialist A.S. Degree

Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.

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Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

*KIN*  
Fitness Specialist Certificate

Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.

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Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

*KIN*  
KIN 151

Apply fundamental science of kinesiology to assess, design, implement, and lead fitness programs for individuals.

*ILOs*  
Core ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*PE*  
PE 221

Demonstrate proficiency in kickboxing techniques.

*KIN*  
Fitness Specialist - Certificate

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

---

demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

*KIN*  
Fitness Specialist - A.S.  
Degree Major

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

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apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

**Apply individualized health risk and fitness assessments to design and implement fitness programs for general and special populations.**

Expected Outcome Performance: 70.0

*ILOs*  
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

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Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*KIN*  
Fitness Specialist A.S.  
Degree

Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.

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Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

*KIN*  
Fitness Specialist Certificate

Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.

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Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.

*KIN*  
KIN 151

Apply fundamental science of kinesiology to assess, design, implement, and lead fitness programs for individuals.

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Fitness Specialist -  
Certificate

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

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demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

*KIN*  
Fitness Specialist - A.S.  
Degree Major

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

---

apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

**Utilize universal risk management strategies.**

Expected Outcome Performance: 70.0

<i>KIN</i> KIN 151	Apply fundamental science of kinesiology to assess, design, implement, and lead fitness programs for individuals.
<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>PE</i> PE 221	Demonstrate proficiency in kickboxing techniques.
<i>KIN</i> Fitness Specialist A.S. Degree	Utilize universal risk management strategies.
<i>KIN</i> Fitness Specialist Certificate	Utilize universal risk management strategies.
<i>KIN</i> Fitness Specialist - A.S. Degree Major	utilize universal risk management strategies
<i>KIN</i> Fitness Specialist - Certificate	utilize universal risk management strategies

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Introduction to Personal Training (4 hours)

- Certified personal trainers
- Knowledge, skills and abilities
- Scope of practice
- Certification requirements
- Specialized certifications
- Pre-screening and risk stratification
- Liability issues

#### Movement Science (10 hours)

- Musculoskeletal anatomy/kinesiology review
- Exercise physiology review

- Basic biomechanics review
- Common postural distortions
- Corrective exercise principles
- Proper form and injury prevention

#### **Personal Training (26 hours)**

- Initial client consultation
- Fitness assessment
- Lifestyle coaching
  - Behavioral modification
  - Goal setting
  - Motivation
  - Cultural competence and inclusive coaching practices
- Program design
  - Corrective exercise
  - Cardiorespiratory exercise
  - Musculoskeletal exercise
  - Flexibility exercise
  - Weight management principles
  - Periodization models
- Session design and delivery
  - Training implements
  - Exercise selection
  - Order of exercises
  - Demonstration and cuing
  - Feedback
- Technology for personal trainers
  - Activity Trackers
  - Tools for Program Design
  - Online Personal Training

#### **Special Populations (10 hours)**

- Musculoskeletal injury
- Children and youth
- Pregnancy
- Older adults
- Chronic disease
- Obesity
- Athletes

#### **Business Practices for Personal Trainers (4 hours)**

- Code of conduct and ethics
- Professional development
- Marketing and sales
- Networking strategies
- Career options: employment types, entrepreneurship, online training, areas of industry growth

**Total hours: 54**

#### **Laboratory/Studio Content**

##### **Personal Training Laboratory (54 hours)**

- Initial client consultation
- Risk stratification
- Fitness assessment
- Program design
- Session design
- Delivery, instruction and coaching
- Progression, periodization
- Re-evaluation

**Total hours: 54**

**Additional Information****Repeatability**

Not Repeatable

**Justification (if repeatable was chosen above)**

No Value

**Is it possible this course will have a material fee?**

No

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):**

Yes

**What term(s) will this course be offered?**

Spring

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value