

**LOCK HAVEN UNIVERSITY  
LOCK HAVEN, PENNSYLVANIA**

**RECREATION MANAGEMENT**

**PERSONAL TRAINING AND AEROBIC LEADERSHIP  
RECR200**

**I. Introductory Information:**

- |   |   |
|---|---|
| (A) Department Name:                        | Recreation Management   |
| (B) Department Catalog Number:              | RECR200   |
| (C) Course Title:                           | Personal Training and<br>Aerobic Leadership   |
| (D) Semester Hours of Credit:               | 3   |
| (E) Clock Hours Per Week:                   | 3   |
| (F) Overlays:                               | None  |
| (G) Restrictions Upon Student Registration: | Prerequisites are<br>RECR 244 Recreation Leadership and Supervision or permission of the<br>instructor. |

**II. Description of the Course:**

Teach students the principles of physical conditioning in aerobic and anaerobic exercise programs. The students will learn personal training techniques, develop aerobic exercise leadership skills, and become aware of certification opportunities. The course emphasizes the application of exercise principles. Meets the National Recreation and Park Association's (NRPA) competencies for accreditation.

**III. Exposition:**

**A. Objectives:**

Upon completion of this course, students will be able to do the following:

1. Administer tests and determine the level of fitness from the results of the tests.
2. Demonstrate an understanding of training principles by designing conditioning programs for classmates and healthy adults.

3. Train a client in a resistance program.
4. Apply the principles of aerobic dance-exercise session.
5. Demonstrate an understanding of the principles of movement progression used in choreographing and teaching aerobic routines.
6. Perform and lead appropriate flexibility exercise before and after major bouts of activity.
7. Demonstrate an understanding of legal concepts as they apply to personal training and aerobic leadership. (NRPA 8.38)
8. Identify organizations that offer fitness-related certifications and outline content on certification tests.

**B. Activities and Requirements:**

1. Participate in class activities and discussions
2. Complete assigned readings
3. Design conditioning programs (cardiovascular/flexibility/strength workouts for various healthy population groups)
4. Complete written tests and practical evaluations
5. Utilize legal documents such as contracts, informed consent and waivers with clients (NRPA 8.38)
6. Complete assessments/projects

**C. Major Units and Time Allotted:**

1. Introduction to Fitness and Wellness (1.5 hours)
2. Components of Fitness (1.5 hours)
  - a. Cardiovascular fitness
  - b. Flexibility
  - c. Muscular strength
  - d. Muscular endurance
3. Fitness Assessments (3 hours)
4. Application of Principles of Training (3 hours)
  - a. Intensity
  - b. Duration
  - c. Frequency
  - d. Overload
  - e. Specificity
  - f. Retrogression

- g. Progressive resistance
  - h. Individual differences
  - i. Motivation
5. Types of Conditioning Programs (4.5 hours)
- a. Calisthenics
  - b. Aerobics
  - c. Weight training
  - d. Interval
  - e. Circuit
  - f. Plyometrics
6. Designing Conditioning Program (3 hours)
- a. Resistance programs
  - b. Aerobic exercise
7. Components of Aerobic Exercise (1.5 hours)
- a. Warm-up
  - b. Aerobic session
  - c. Cool down
8. Body Alignment/Injury Prevention/Issues (1.5 hours)
9. Choreography (3 hours)
- a. Music
  - b. Exercise transition
  - c. Copyright laws
10. Development of Aerobic Routines and Resistance Programs (6 hours)
- a. Exercise progressions
  - b. Client participation
11. Leadership Skills (9 hours)
- a. Demonstrating skills and procedures
  - b. Communicating verbally and nonverbal
  - c. Timing of cues
  - d. Motivation groups
  - e. Analyzing videotapes
  - f. Leading groups in aerobic exercise
12. Legal concepts (NRPA 8.38) (1.5 hours)
- a. contracts
  - b. waivers
13. Certification requirements (3 hours)

- a. Organizations
- b. Sample tests

14. Examinations (3 hours)

**D. Materials and Bibliography:**

**1. Suggested textbooks:**

O'Brien, T.S. (1997). *The personal trainer's handbook*. Champaign, IL: Human Kinetics.

**2. Other materials: none**

**3. Bibliographic support:**

Aaberg, E. (1999). *Resistance training instruction*. Champaign, IL: Human Kinetics.

Aaberg, E. (1998). *Muscle mechanics*. Champaign, IL: Human Kinetics.

Alter, M.J. (1998). *Sport stretch*. Champaign, IL: Human Kinetics.

Alter, M.J. (1996). *Science of flexibility*. Champaign, IL: Human Kinetics.

Baechle, T. R. and National Strength Training and Conditioning Association. (1994). *Essentials of strength training and conditioning*. Champaign, IL: Human Kinetics.

Bompa, T.O. (1999). *Periodization: Theory and methodology of training* (4<sup>th</sup> ed.). Champaign, IL: Human Kinetics.

Bompa, T.O. (1999). *Periodization training for sports*. Champaign, IL: Human Kinetics.

Brooks, D.S. (1998). *Program design for personal trainers: Bridging theory into application*. Champaign, IL: Human Kinetics.

Brooks, D.S. (1999). *Your personal trainer*. Champaign, IL: Human Kinetics.

Brown, S. and Brzycki, M.M. (1993). *Conditioning for basketball*. Indianapolis, IN: Masters Press.

Brzycki, M. (1995). *A practical approach to strength training*. Indianapolis, IN: Masters Press.

Chu, D.A. (1998). *Jumping into plyometrics*. Champaign, IL: Human Kinetics.

Chu, D.A. (1996). *Explosive power and strength: Complex training for maximum results*. Champaign, IL: Human Kinetics.

- Clark, N. (1990). *Nancy clark's sports nutrition guidebook*. Champaign, IL: Leisure Press.
- Ellison, D. (1999). *Performance stretching*. Champaign, IL: Human Kinetics.
- Fleck, S. J. and Kraemer, W. (1997). *Designing resistance training programs*. Champaign, IL: Human Kinetics.
- Gerson, R. (1999). *Members for life: Proven service and retention strategies for health-fitness and sports clubs*. Champaign, IL: Human Kinetics.
- Heyward, V.H. (1998). *Advanced fitness assessment and exercise prescription*. Champaign, IL: Human Kinetics.
- Howley, E.T. and Franks, B.D. (1997). *Health fitness instructor's handbook*. Champaign, IL: Human Kinetics.
- Hubery, V. and Subak-Shape, G.J. (Eds). (1990). *The mant sinai school of medicine complete book of meditation*. New York, New York: Martius Press.
- Kraemer, W.J. and Fleck, S.J. (1993). *Strength training for young athletes*. Champaign, IL: Human Kinetics.
- Krieder, R.B., Fry, A.C. and O'Toole, M.L. (1998). *Overtraining in sport*. Champaign, IL: Human Kinetics.
- Mangili, L.M. and Mazzeo, K.S. (1999). *Step training plus*. Englewood, CO: Morton Publishing Co.
- Mazzeo, K. (1996). *Fitness through aerobics and step training*. Englewood, CO: Morton Publishing Co.
- Moran, G.T. and McGlynn, G.H. (1997). *Cross-training for sports*. Champaign, IL: Human Kinetics.
- Peterson, J.A., Bryant, C.X. and Peterson, S.L. (1995). *Strength training for women*. Champaign, IL: Human Kinetics.
- Roberts, S.O. (1996). *The business of personal training*. Champaign, IL: Human Kinetics.
- Westcott, W.L. and Baechle, T.R. (1999). *Strength training for seniors: An instructor guide for developing safe and effective programs*. Champaign, IL: Human Kinetics.
- Westcott, W.L. and Baechle, T.R. (1998). *Strength training past 50*. Champaign, IL: Human Kinetics.

**IV. Standards :**

Grades will be assigned in accordance with the grading policies of the University and will be based on the quality of work demonstrated by the students in meeting the course requirements.

**V. Rationale and Impact :**

- A. Since this course was designed, the fitness management curriculum has undergone considerable change. This course has been revised to better meet the needs of our students. It also now addresses NRPA competencies.
- B. The course is required for all students majoring in recreation management who are in the Fitness track
- C. No other academic programs or existing department will be affected by the addition of this course.

**VI. Cost and Staff Analysis: none**

**VII. Date approved by University president:**

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**Signature of the President**

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**Date**