



Student Catalog Addendum

This catalog addendum adds the new Personal Fitness Trainer program to the 2023 Student Catalog, including program start dates, and tuition and fees information.

Personal Fitness Trainer

Diploma Program

Credit Hours Required: 30.0 Semester Credits

Expected Completion Time: 40 weeks

Clock Hours Required: 800 Instructional Clock Hours

Traditional In-Classroom Program

Vocational Objective:

Lamson's Personal Fitness Trainer program will prepare students for entry-level personal trainer positions with the basic knowledge and skills required to assist their customers in reaching their fitness goals. Students will learn how to plan routines, choose different movements for each set of muscles depending on participants' capabilities and limitations, as well as evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements. The entry-level Personal Trainer will demonstrate how to carry out various exercises and routines, watch clients do exercises and show or tell them correct techniques to minimize injury and improve fitness, give alternative exercises during workouts or classes for different levels of fitness and skill, monitor clients' progress and adapt programs as needed, explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment, give clients information or resources about nutrition, weight control, and lifestyle issues, and give emergency first aid if needed.

Personal fitness trainers design and carry out workout routines specific to the needs of their clients. In larger facilities, personal trainers must often sell their training sessions to members. They start by evaluating their clients' current fitness level, personal goals, and skills. Then, they develop personalized training programs for their clients to follow, and they monitor the clients' progress. Fitness trainers and instructors in smaller facilities often do a variety of tasks in addition to their fitness duties, such as tending the front desk, signing up new members, giving tours of the fitness center, writing newsletter articles, creating posters and flyers, and supervising the weight-training and cardiovascular equipment areas. In some facilities, a single trainer or instructor may provide individual sessions and teach group classes. Gyms and other types of health clubs offer many different activities for clients. However, trainers and instructors often specialize in only a few areas.

Students completing this program will be eligible to take a certification exam from one of the major certifying organizations: National Academy of Sports Medicine (NASM), American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), and American College of Sports Medicine (ACSM). Personal Fitness Trainer program students will take practice exams for the NASM Certified Personal Trainer and Certified Nutrition Coach exams throughout the program. Students will officially take these NASM Certified Personal Trainer and Certified Nutrition Coach exams during the modules as shown below. Passing these NASM exams is not a condition for graduation from the PFT program. It is important to note that while NASM certification (or other industry certifications) is not an industry requirement for employment as a Personal Fitness Trainer, it is highly desired by most employers such that a lack of certification may limit employment opportunities for graduates.

Successful completion of this program will prepare students for entry-level work with: fitness or recreation facilities, gyms country clubs, hospitals, universities, and resorts. Please see the end of this program description for a list of possible job titles with their assigned Standard Occupation Classification (SOC) Codes. Graduates of this program may want to consider these SOC job titles as potential entry-level job opportunities to pursue upon graduation.

Course Requirements

Course Number	Course Title	Clock Hours Lec / Lab / Ext / Total	Semester Credit Hours
PFT101	Anatomy & Physiology	48 / 32 / 0 / 80	3
PFT102	Kinesiology	48 / 32 / 0 / 80	3
PFT103	Exercise Nutrition	48 / 32 / 0 / 80	3
PFT104	Exercise Assessment & Prescription	48 / 32 / 0 / 80	3

PFT105	Certified Nutrition Coach	48 / 32 / 0 / 80	3
PFT106	Exercise Physiology	48 / 32 / 0 / 80	3
PFT107	Strength & Conditioning	48 / 32 / 0 / 80	3
PFT108	Corrective Exercise Laboratory Techniques	48 / 32 / 0 / 80	3
PFT109	Biomechanics	48 / 32 / 0 / 80	3
PFT110	Introduction to Business & Sales	48 / 32 / 0 / 80	3
TOTAL		480/ 320 / 0 / 800	30.0

Course Descriptions

PFT101: Anatomy & Physiology

80 Clock Hours/3 Semester Credit Hours

Students in this course will learn about human anatomy, including the nervous, endocrine, reproductive, cardiovascular, lymphatic, respiratory, digestive, and urinary systems. In addition, students will learn about the skeletal system, including the bony landmarks and joints, the muscular system to include origin and insertion and function of the major muscles of the body, and the integumentary system to include skin and its function and pathologies. **Prerequisite:** None

PFT102: Kinesiology

80 Clock Hours/3 Semester Credit Hours

Students will learn about the study of anatomy, biomechanics, and muscles, including the principles of human movement and the description of structure, function, and kinesiology of the extremities. Topics include joints, bones, and muscles of the upper extremities and shoulders. Furthermore, students will learn the origin, insertion, and action of the skeletal muscles. Students will consider various exercise techniques to understand the kinetics of human motion. **Prerequisite:** None

PFT103: Exercise Nutrition

80 Clock Hours/3 Semester Credit Hours

Students in this course will learn about the basics of wellness and nutrition. Students will be able to describe the function of macronutrients, micronutrients and hydration concepts. Students will be able to discuss Dietary Guidelines for Americans, calorie consumption, laws of thermodynamics and pros and cons of nutritional supplements. **Prerequisite:** None

PFT104: Exercise Assessment & Prescription

80 Clock Hours/3 Semester Credit Hours

Personal fitness trainers are required to perform subjective assessments, objective assessments, and movement assessments with their clients to provide quality personal training services. This course provides students with a practical opportunity to develop and hone those skills. Students are introduced to training techniques for use in program design courses. Students will take the National Academy of Sports Medicine (NASM) Certified Personal Trainer exam during this module. **Prerequisite:** PFT101, PFT102 and PFT103

PFT105: Certified Nutrition Coach

80 Clock Hours/3 Semester Credit Hours

In this course, students will develop a functional understanding of nutrition as it applies to personal training. Students will learn the scope of practice of a nutrition coach, professional and ethical practices of nutrition professionals, and business tactics. Modules include macronutrient and micronutrients metabolism, special populations, and the basics of nutrition for goals such as weight loss, muscle gain, health and performance, etc. Students will also be introduced to sports specific nutrition and energy metabolism for specific goals. Students will take the National Academy of Sports Medicine (NASM) Certified Nutrition Coach exam during this module. **Prerequisite:** None

PFT106: Exercise Physiology

80 Clock Hours/3 Semester Credit Hours

Students in this course learn about factors that regulate ventilation and influence the cardiovascular system and its role in maximum oxygen uptake, as well as the integrity of the neuromuscular system. Course content will define exercise physiologist and examine the discipline of exercise physiology and the difficult issues that challenge the profession. Additional topics covered include: principles of training and adaptations that result from aerobic and anaerobic training; ethical thinking, sports nutrition concerns, and various agents used to enhance athletic performance; complex and basic elements essential to the practice of exercise physiology; role of biomechanics plays in performance and its effects on well-being; and understanding of the muscular system and anatomy of human movement. Basic concepts are examined, together with the science of levers and biomechanical equations. **Prerequisite:** None

PFT107: Strength & Conditioning

80 Clock Hours/3 Semester Credit Hours

Students learn practical application of program design for sport-specific clients. Students will be able to design cardiorespiratory training programs, OPT™ programs, and programs for clients who participate in individual competition or team sports. Students will apply principles of integrated training to help clients achieve their established goals. **Prerequisite:** None

PFT108: Corrective Exercise Laboratory Techniques **80 Clock Hours/3 Semester Credit Hours**

This course presents an evidence-based approach to corrective exercise, the components of a comprehensive solution, and the practical knowledge to develop and implement integrated strategies to improve common movement impairments. Students completing this course will be prepared to take NASM’s Corrective Exercise Specialist credentialing examination. This course will include certification in CPR. **Prerequisite:** None

PFT109: Biomechanics **80 Clock Hours/3 Semester Credit Hours**

Students will learn about the motions of the Human Movement System produces, and the forces that act on it. Included in this segment are planes of motion, joint motion, muscle actions, forces, force-couples, force- velocity relationship, levers, length-tension and motor behaviors. **Prerequisite:** None

PFT110: Introduction to Business & Sales **80 Clock Hours/3 Semester Credit Hours**

Students in this course will learn how to become successful business owners. In addition, students will learn basic business principles and how to create a successful career as a personal fitness trainer. Students will also learn about office productivity software, marketing materials, resume’ development, business-plan development, licensing, and continuing education in the fitness industry.

Prerequisite: None

Job titles (with SOC codes) to possibly consider as potential entry-level job opportunities to pursue upon graduation:

*Standard Occupational Classification (SOC)	Employment Position
39-9031	Exercise Trainers and Group Fitness Instructors
39-9030	Recreation and Fitness Workers
39-9000	Other Personal Care and Service Workers
39-0000	Personal Care and Service Occupations
29-1031	Nutritional Specialist
29-1128	Weight Loss Specialist
29-9091	Corrective Exercise Specialist

* All SOC codes are accurate for the 2018 system and are available at: <http://www.bls.gov/soc/#classification>

Academic Calendar – Personal Fitness Trainer Start Dates

START DATE	GRAD DATE
7/24/2023	5/10/2024
8/21/2023	6/7/2024
9/18/2023	7/5/2024
10/16/2023	8/2/2024
11/13/2023	8/30/2024
12/11/2023	9/27/2024

Schedule of Student Charges, Tuition and Fees – Personal Fitness Trainer

Modular Program	Tuition	Reg. Fee	Books	Uniforms	Supplies	Total
Personal Fitness Trainer	\$13,300.00	\$50	\$522.00	\$200.00	\$1,228.00	\$15,300.00