



MASTER COURSE OUTLINE

A. PHED 2290 Personal Trainer Field Experience

B. COURSE DESCRIPTION:

This course provides students with the opportunity to experience a variety of field observations, through job shadowing with personal trainers, strength and conditioning coaches, and/or high school athletic team coaches. Witnessing day to day operations and responsibilities will provide students with work experience and insight into their chosen profession. Students will perform 30 hours of field experience and will spend an additional four hours in the classroom preparing for and processing these experiences. Prerequisites: PHED 2271.

(2 Cr – 2 lect, 0 lab)

C. Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Expectations and guidelines for your field experience
- Interaction and observation in a personal trainer setting
- Documenting observations and interactions
- Discussion and response to professional setting situations

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
* <u>Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	The student will successfully <ol style="list-style-type: none"> 1. participate in classroom discussions that involve issues at the workplace, job related responsibilities and expectations.

<u>CS</u>	observe day to day professional interactions and responsibilities in a fitness facility and/or strength and conditioning setting.	<ol style="list-style-type: none"> 1. work/observe in this setting 30 hours and be evaluated by cooperating professional. 2. keep a journal of daily job site experiences and reactions.
<u>CS</u>	understand and apply concepts & professionalism expected through one of the national credentialing associations (ACE, NASM, ASFA.)	<ol style="list-style-type: none"> 1. adhere to all rules, responsibilities and expectations of the role and scope of the personal trainer profession.
<u>CS</u>	demonstrate good attendance, proper work habits, and appropriate boundaries.	<ol style="list-style-type: none"> 1. be evaluated by Personal Trainer/Coaching program faculty or coordinator.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code Q/Class Maximum 35; Letter Grade

Revision date: 09/01/16; 03/28/24

AASC Approval date: 09/20/16; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland