

Course discipline/number/title: PHED 2293: Personal Trainer/Group Fitness Instructor Field Experience

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): Completion of core course work pertaining to PT/GFI
4. Other requirements: None
5. MnTC Goals (if any): NA

This course is designed to allow for students to complete a variety of field observations/job shadowing in the areas of the Personal Training & Group fitness Instruction. Field observations provide students insights and experience to gain knowledge from professionals within the field as to the workings of day-to-day operations. These fields possess a high threshold for personal liability, and observations can provide students with a working experience of the daily requirements of this profession without exposing the student to the risk of stated liability that is present with hands-on involvement.

B. DATE LAST REVISED (Month, year): February, 2021

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Apply learned concepts into day-to-day activities within career field.
2. Develop practical experience-based observations.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Apply knowledge from observations as terms of reference as they develop their own philosophies, content and structure into their own personal approach as professionals in their desired field.
2. Create a network of professional sources and resources on which to build upon throughout their careers.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Detailed observation summaries, criteria established by field experience supervisor, direct supervisor and student as arranged.
2. Written summary of all observations, and their relationship to field of study.

G. RCTC CORE OUTCOME(S) ADDRESSED. This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None