

PTR - PERSONAL TRAINER

PTR 100 - Introduction to Personal Training **Units: 3**

Discover how a skilled personal trainer can impact the lives of other people. You will learn the fundamentals of human physiological systems, biomechanics, and basic functional anatomy to better understand how the body is designed to move. By conducting thorough consultations, screens and assessments, you will gain the information necessary to design thorough, safe and effective exercise programs for youths, seniors, physique competitors, and athletes of all abilities, to become a high-demand, professional fitness coach.

Transferability: May not transfer towards an NSHE bachelor's degree
Term Offered: Fall

PTR 200 - Pilates Reformer Instructor Certification **Units: 4**

This course provides total immersion into Pilates principles, Pilates exercises, communication methods and goal oriented training. Students will learn and practice anatomy, biomechanics, and their application to personal training strategies with an emphasis on client safety and communication. Students completing the required hours and passing the practical and written exams will be certified to teach standard reformer Pilates.

Transferability: May not transfer towards an NSHE bachelor's degree
Enrollment Requirements: Prerequisite: CPR Certification
Term Offered: Spring and Fall

PTR 202 - Anatomy and Physiology I for Massage and Fitness Professionals **Units: 4**

This course provides a fundamental overview of human anatomy and physiology and is the first course of a two part series which will cover cell structures and functions, tissues and membranes, integumentary system, skeletal system, muscular system, nervous system and special senses. Through a systematic and detailed progression, students will learn the basics of structure and function of selected organs and organ systems and how they interact with and support one another. This course will provide a solid base of theoretical and practical knowledge for personal trainers to apply in their career. Same as MASG 202.

Transferability: May not transfer towards an NSHE bachelor's degree
Term Offered: Spring and Fall

PTR 205 - Fitness Analysis and Application **Units: 3**

Take the knowledge you've gained and apply it to successfully helping your clients reach their goals. Learn how to market your services, perform body composition testing, and professional movement assessments to properly determine your clients' present abilities and movement impairments. Discover how to implement soft tissue mobilization and pliability methods, along with muscle flexibility and joint range of motion techniques to enhance movement quality and decrease pain. Understand how to program safe and goal-specific power, speed, resistance and cardiovascular training, along with nutrition coaching, to effectively train a wide range of clients and athletes.

Transferability: May not transfer towards an NSHE bachelor's degree
Enrollment Requirements: Prerequisite: PTR 100
Term Offered: Spring

PTR 208 - Anatomy and Physiology II for Massage and Fitness Professionals **Units: 4**

This course provides a fundamental overview of human anatomy and physiology and is the second course of a two part series which will cover the nervous, endocrine, cardiovascular, lymphatic-immune, respiratory, digestive and urinary systems. Through a systematic and detailed progression, students will learn the basics of structure and function of selected organs and organ systems and how they interact with and support one another. This course will provide a solid base of theoretical and practical knowledge for personal trainers to apply in their career. Same as MASG 208.

Transferability: May not transfer towards an NSHE bachelor's degree
Enrollment Requirements: Prerequisite: PTR 202
Term Offered: Spring and Fall

PTR 210 - Kinesiology for Massage and Fitness Professionals **Units: 3**

Kinesiology is a scientific study of human body movement which addresses physiological, biomechanical, and psychological mechanisms of movement. This course is a detailed, systematic hands-on study specifically designed for personal trainers and will incorporate both theoretical concepts and practical practice. Same as MASG 205.

Transferability: May not transfer towards an NSHE bachelor's degree
Term Offered: Spring and Fall

PTR 220 - Personal Training Techniques **Units: 3**

Gain the hands-on knowledge you need to teach the essential concepts and techniques of resistance training to first-time, and experienced, gym-goers. Learn safe and proper exercise practices, verbal and visual coaching cues, and exercise progressions and regressions for all of the primary muscle groups and movement patterns. You will then put your knowledge to practical use by being a student trainer to another member of the class to further hone your coaching skills.

Transferability: May not transfer towards an NSHE bachelor's degree
Enrollment Requirements: Prerequisite: PTR 100