

TECHNICAL COLLEGE SYSTEM OF GEORGIA

ACADEMIC AFFAIRS DIVISION – OFFICE OF TECHNICAL EDUCATION

INFORMATION TICKET

Date: 6/24/2021

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Process	Action Required
<input type="checkbox"/> Curriculum Revision	<input type="checkbox"/> Notify Appropriate Personnel
<input checked="" type="checkbox"/> Course Revision	<input type="checkbox"/> Submit Vote
<input type="checkbox"/> Probe Notice	Submit Vote by: [Date]
<input type="checkbox"/> Probe Feedback	<input type="checkbox"/> Notify Faculty and Administration
<input type="checkbox"/> Probe Outcome	<input checked="" type="checkbox"/> Information Only
<input type="checkbox"/> Other	

PAS Group Title/PAS Code: Physical Therapist Assistant/0920

Program Standard Title/Major Code(s) and/or Course Standard Title/Course Code(s):

[Click or tap here to enter text.]

Certified Personal Training I/SFMA 1210

Certified Personal Training II/SFMA 1220

TICKET INFORMATION:

Per the request of Columbus Technical College, learning outcomes revisions of the SFMA 1210: Certified Personal Training I and SFMA 1220: Certified Personal Training II was made to accurately reflect the knowledge-based expectations set by the American Council on Exercise (ACE). The following revisions were made,

SFMA 1210: Certified Personal Training I

- Removal of “Internship” description for regular lab and replace with the “lab” description.

Course Description

This course is designed to prepare and qualify students to sit for the certified personal trainer exam through the American Council on Exercise (ACE). This course covers general anatomy, joint and muscle function, and the analysis of body movements. Students will learn to assess clients and individualize and implement exercise programs for apparently healthy adults.

Competencies & Learning Outcomes

1. Didactic Competencies
 1. Understand the role and scope of practice for personal trainers.
 2. Understand basic strategies founded on common behavioral theory models to help clients adopt and maintain physical activity behaviors.
 3. Understand the principles of exercise science, human anatomy, and biomechanics, and their application to program design and exercise instruction.
 4. Understand principles and methods of training for cardio respiratory fitness, muscular strength, endurance and flexibility.

2. Practical Competencies
 1. Demonstrate the ability to assess clients and individualize exercise instruction for apparently healthy adults using the ACE-IFT exercise progression model.
 2. Demonstrate the communication skills needed in personal fitness instruction.
 3. Demonstrate the ability to administer appropriate pre-participation health screenings and forms to clients.

SFMA 1220: Certified Personal Training II

Course Description

This course is a continuation of SFMA 1210. This course introduces legal guidelines and business considerations when managing a personal trainer business. Students will learn to individualize and implement exercise programs for multiple populations.

Competencies & Learning Outcomes

1. Didactic Competencies
 1. Apply sound management and selling practices in a personal training business.
 2. Understand the role of physical activity for clients with special considerations, including obesity, chronic diseases, and musculoskeletal issues.
 3. Understand the legal and ethical aspects in the practice of personal training.

2. Practical Competencies
 1. Demonstrate the ability to assess clients and individualize exercise instruction using the ACE-IFT exercise progression model.
 2. Demonstrate the proper use of various fitness equipment while utilizing appropriate exercise guidelines and techniques.

A 2021 version of the courses were created to reflect the changes. The credit and contact hours within both courses remain as is. Additionally, the new version of the courses will be uploaded within the following programs in which the courses are embedded. Overall, Columbus Technical College is the only college that offers these courses, and the revisions will not impact the credit & contact hours of the programs listed.

Programs Containing Selected Course SFMA 1210

Major	Program Name	PAS	CIP	Version
CP31	Certified Personal Trainer	0920	310507	201003
HA21	Health Care Assistant	1210	510899	201003

HS13	Health Science	0020	510000	201512
SAF3	Sports and Fitness Management	0920	310504	201312

Programs Containing Selected Course SFMA 1220

Major	Program Name	PAS	CIP	Version
CP31	Certified Personal Trainer	0920	310507	201003
HA21	Health Care Assistant	1210	510899	201003
HS13	Health Science	0020	510000	201512
SAF3	Sports and Fitness Management	0920	310504	201312