

The College of William and Mary
Department of Kinesiology & Health Sciences

KINE 101 Fitness Leadership and Aging

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Course Description

This course is designed to introduce students to the facilitation of fitness activities primarily for older adults. The class will be held in Adair 203, the William and Mary Student Recreation Center and the Wellness Center at Williamsburg Landing. Students will learn weight training techniques, cardiovascular training techniques, proper warm up and cool down techniques and the basics of fitness program design. The class will include classroom theory, demonstration and practice of fitness activities as well as field work with clients from Williamsburg Landing.

Course Credit

2 credit hours

Course Objectives

Upon successful completion of the course the student will:

1. Demonstrate proper technique while performing resistance training, body weight resistance exercises and cardiovascular exercise.
2. Understand the major principles underlying adaptation of the body to resistance training and cardiovascular exercise.
3. Demonstrate and understand the significance of proper warm-up, stretching, cool down exercises and relaxation techniques.
4. Design and modify resistance training and cardiovascular exercise programs for specific clients from Williamsburg Landing.
5. Implement and evaluate resistance training and cardiovascular exercise programs for specific clients from Williamsburg Landing.

Course Evaluation

1. Attendance: 10% - Students are expected to be at all class meetings. Missing more than 3 meetings constitutes a failing grade.
2. Field Experience: 50% - Students will keep log of field experience and write an essay on the work completed at Williamsburg Landing (details will follow).
3. Final paper: 40%

Text

Biagioli, Brian D. (2007) *Advanced Concepts of Personal Training*. National Council on Strength and Fitness.