

As a requirement for receiving the college certificate of completion in addition to becoming an Essentrics Trainer, students must complete the following 3 required elective courses (*the below courses are part of the Personal Fitness Training Program*):

Course 1: Introduction to Exercise Science-Level I (Anatomy and Kinesiology)

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

In this course, students gain an understanding of musculoskeletal and functional anatomy and the effects of exercise placed on joint structures during exercise movements. Emphasis is placed on learning about proper body alignment, joint range of motion (ROM), basic biomechanics, and kinesiological principles to the development of safe and effective exercise programs.

Course 2: Introduction to Exercise Science-Level II (Exercise Physiology)

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course is designed to teach the personal trainer how the muscular, skeletal, and cardiorespiratory systems function with and without exercise conditioning. Additional topics include energy metabolism, neuromuscular function, and the physiology of exercise in relation to training programs and environmental considerations.

Course 3: Health Risk Profiles and Fitness Assessment Techniques

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course teaches students how to assess and evaluate cardiorespiratory endurance, muscular testing techniques, joint ROM, flexibility, body-fat analysis, blood pressure, and body measurements based on ACSM guidelines. Topics include client screening procedures, medical and health history intake forms, identifying high-risk clients, determining the appropriate test, conducting the test, and evaluating the results.