PARKLAND COLLEGE

Course Information Form (CIF)

Course Code: KIN 201

Course Title: Human Performance II

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 31.0501
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-5-5
Credit Hour Distribution:

Lecture: 3	Lab: 5	Clinical: 0	**Total: 5**

General Course Information

Catalog Description

Continuation of KIN 101 with an emphasis on athletes, injury rehabilitation, and multiple special populations (pregnant; those with metabolic, cardiovascular, and respiratory conditions, etc.). Prepares the student to sit for the nationally recognized NSCA-CPT exam.

General Course Objectives

To comprehensively begin preparing the student to work in the fitness, strength, and therapeutic professions that fall under the discipline of kinesiology. The student will be prepared to sit for the NSCA-Certified Personal Trainer examination as the final exam for this course, Human Performance II.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

Credit in KIN 101 with a grade of C or higher

Methods of Evaluation

15 objective exams, 14 lab exercises, and 1 capstone project. The capstone project will involve 15 weeks of training actual clients under the supervision of a course assistant and the program director. The student-trainer will perform all duties necessary including the initial interview, risk stratification, paperwork, and assessment. The student-trainer will work closely with the course assistant and program director on exercise program design and the administration of each training session. During this project, the student will demonstrate the practical application of knowledge in several areas including but not limited to client consultation, the selection and administration of appropriate tests for individual clients, exercise prescription and program design, and nutrition as they work in conjunction with the assigned course assistant and the program director.

Instructional Materials and Additional Supplies

NSCA's Essentials of Personal Training, Roger Earle and Thomas Baechle, current edition. Published by Human Kinetics.

Course Content

General Learning Outcomes (GLOs)

- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Reasoning and Inquiry: Students will demonstrate the ability to solve problems using deductive reasoning and logic, quantitative reasoning, or the scientific method.
- Technology: Students will demonstrate the ability to evaluate, select, and appropriately use current and emerging tools.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Program Design	1. Describe the benefits of participating in a flexibility training program. 2. State the factors that affect flexibility. 3. Explain the value of warming up before participating in flexibility training. 4. List and explain the various types of flexibility training. 5. Design a flexibility training program emphasizing a combination of dynamic and static stretching. 6. Select exercises using body weight only and stability balls.	4	4	0
Training Program Variables	1. Relate the application of specificity, overload, and progression. 2. Select exercises, determine training frequency, and arrange exercises in a specific sequence. 3. Select load-related information by performing 1-repetition maximum, percent of body weight, or repetition maximum testing. 4. Assign training loads, volume, and rest period length.	6	10	0
Energy Systems Development	1. Design aerobic endurance training programs based on the principle of specificity and individual client goals. 2. Determine aerobic endurance training frequency, duration, and intensity, and understand their interactions and effects on the training outcome. 3. Determine training intensity using calculated target heart rate zones, ratings of perceived exertion, or metabolic equivalents. 4. Apply long slow distance, pace/temp, interval training, cross-training, arm exercise, and combination training in accordance with client goals.	4	12	0
Plyometrics and Speed Development	1. Explain the mechanics and physiology of plyometric and speed-enhancing exercises. 2. Identify the phases of the stretch-shortening cycle. 3. Demonstrate understanding of the different roles of plyometric and speed training. 4. Recommend proper equipment for use during plyometric exercise performance. 5. Design safe and effective plyometric and speed training programs. 6. Provide instruction in correct plyometric and speed training technique and recognize common errors.	6	9	0

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Training Specialized Clients or Populations	1. Discuss exercise recommendations and precautions for pregnant people. 2. Explain the health benefits of senior exercise and outline exercise guidelines for older adults. 3. Describe developmentally appropriate physical activity programs for preadolescence that demonstrate an understanding of age-specific needs and concerns. 4. Inspect the scope of practice of the personal trainer when working with people who have nutritional and metabolic concerns. 5. Discuss the appropriate exercise prescription and program design for individuals who are obese, who are overweight, or who have hyperlipidemia, eating disorders, or diabetes. Discuss lifestyle change strategies (diet, exercise, and behavioral changes) that will improve the health status of people with these nutritional and metabolic concerns. 6. List the pathophysiology and risk factors for hypertension, myocardial infarction, cerebrovascular accident, peripheral vascular disease, asthma, and exercise-induced asthma. State the stages of the various diseases and how exercise can be used to enhance the client's quality of life. 7. State when it is appropriate to refer a client to a medical professional. 8. Name the timing and events of tissue healing. 9. Explain the goals of each phase of tissue healing. 10. Recognize the types of injuries that clients sustain. 11. Describe the personal trainer's role in relation to specific orthopedic, injury, and rehabilitation concerns. 12. Recognize the physiological, functional, and health-related impairments caused or exacerbated by spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy. 13. List the value, role, and application of a periodized training program. 14. Describe the cycles and phases of a periodized training program. Relate how load and repetitions are manipulated in a linear and nonlinear periodization model. 15. Design a linear and nonlinear periodization program.	15	6	0
Legal Considerations of Facility Design	1. Assess equipment organization, placement, and spacing requirements of an exercise facility. 2. State the unique layout and maintenance needs of a home exercise facility. 3. Identify facility and equipment maintenance and cleaning duties that promote a safe exercise environment.	3	4	0
Legal Considerations for the Exercise Industry	1. Explain basic aspects of laws and the legal system. 2. Define negligence and the four elements that an injured client must prove in a negligence lawsuit against the personal trainer. 3. Identify professional and legal responsibilities of the personal trainer. 4. Develop and implement risk management strategies to minimize the possibility of litigation.	7	0	0
Personal Fitness Training Observation	1. Observe and analyze the personal fitness trainer's work with the client in a variety of settings.	0	30	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	75	0