KINE 4970-001: Personal Training

**Fall Semester, 2012**

**Instructor:** Bill Jackson

**Office:** Student Activities Center

**Office Phone:** 844-3212

**Email:** [jackswi@auburn.edu](mailto:jackswi@auburn.edu)

**Class Time:** Tuesday & Thursday, 9:30-10:45

**Location**: Coliseum 2034

**Required text:**

ACE’s Essentials of Exercise Science for Fitness Professionals (2010)\*

*ACE Personal Trainer Manual,* 4th edition (2010)\*

Movement, Gray Cook, e-book, (2012)

**COURSE DESCRIPTION**

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

**COURSE OBJECTIVES**

Upon successful completion of the course, students will be able to:

1. Understand the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction

2. Understand principles and methods of training for cardio-respiratory fitness, muscular strength and endurance, and flexibility

3. Demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model

4. Demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques

5. Exhibit the communication skills needed in personal fitness instruction

**COURSE REQUIREMENTS**

**COURSE REQUIREMENTS**Attendance

Tests/Quizzes

**ATTENDANCE**

**Physical Activity and Wellness Program (PAWP) Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

1. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

**ATTENDANCE & PARTICIPATION**Attendance is taken at the beginning of each class period. The student is expected to attend all classes, except in the case of a university approved excused absence, medical cause or emergency as detailed in the Student Policy eHandbook. In the case of a university excused absence, all assignments will be due at the beginning of the next class attended.

**STUDENTS WITH DISABILITIES**

**STUDENTS WITH DISABILITIES**Any student needing special accommodations should inform the instructor(s) and/or contact the Program for Students with Disabilities, in 1244 Haley Center as soon as possible.

**STATEMENT of STUDENT ACCOMMODATION**

“Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).”

**ACADEMIC HONESTY**

ACADEMIC HONESTYAuburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) ) and contains a list of those actions that are considered cheating and the possible consequences they carry. Violations of the Academic Honesty Code will not be tolerated in this course.

**GRADING POLICY**

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Activity Points

Activity PoiTests/Quizzes 90

Bonus for Perfect Attendance 10

Earned Points Letter Grade

90 and above A

89 – 80 B

79 – 70 C

69 – 60 D

59 and below F

**Class Schedule**

**Week 1**

Thursday, August 16, 2012 Introduction

Review Syllabus

Chapter 1 – Human Anatomy1

**Week 2**

Tuesday, August 21, 2012 Chapter 1 – Human Anatomy1

Thursday, August 23, 2012 Chapter 2 – Exercise Physiology1

**Week 3**

Tuesday, August 28, 2012 Chapter 2 – Exercise Physiology1

Thursday, August 30, 2012 Chapter 5 – Physiology of Training1

**Week 4**

Tuesday, September 4, 2012Chapter 3 – Fundamentals of Applied Kinesiology1

Thursday, September 6, 2012 Chapter 4 – Nutrition1

**Week 5**

Tuesday, September 11, 2012 Test 1: Chapters 1 – 5 (Essentials of Exercise Science)

Thursday, September 13, 2012 Chapter 1 – Role and Scope of Practice of the Personal Trainer2

**Week 6**

Tuesday, September 18, 2012 Chapter 2 – Principles of Adherence and Motivation2

Thursday, September 20, 2012 Chapter 3 – Communication and Teaching Techniques2

###### Week 7

Tuesday, September 25, 2012 Chapter 4 – Basics of Behavior Change and Health Psychology2

Thursday, September 27, 2012 Test 2: Chapters 1 – 4 (ACE Personal Trainer Manual)

**Week 8**

Tuesday, October 2, 2012 Chapter 5: Introduction to the ACE Integrated Fitness Model2

Thursday, October 4, 2012 Chapter 6: Building Rapport and Initial InvestigationPhase2

**Week 9**

Tuesday, October 9, 2012 Chapter 7: Functional Assessments: Posture, Movement…2

Thursday, October 11, 2012 Chapter 7: Functional Assessments: Posture, Movement…2

**Week 10**

Tuesday, October 16, 2012 Chapter 8: Physiological Assessments2

Thursday, October 18, 2012 Chapter 9: Functional Programming for Stability-Mobility…2

**Week 11**

Tuesday, October 23, 2012 Chapter 10: Resistance Training2

Thursday, October 25, 2012 Chapter 11: Cardiorespiratory Training2

**Week 12**

Tuesday, October 30, 2012 Test 3: Chapters 5, 7-11 (ACE Personal Trainer Manual)

Thursday, November 1, 2012 Chapter 12: The ACE Integrated Fitness Model in Practice2

**Week 13**

Tuesday, November 6, 2012 Chapter 13: Mind-body Exercise2

Thursday, November 8, 2012 Chapter 14: Exercise and Special Populations2

**Week 14**

Tuesday, November 13, 2012 Chapter 15: Common Musculoskeletal Injuries…2

Chapter 16: Emergency Procedures

Thursday, November 15, 2012 Chapter 17: Legal Guidelines and Professional Responsibilities2

**Week 15**

Tuesday, November 27, 2012 Chapter 18: Personal-trainer Business Fundamentals2

Thursday, November 29, 2012 Test 4**:** Chapters 13 – 18 (ACE Personal Trainer Manual)

**Week 16**

Final Exam Week

You are required to read the Chapters indicated on the Syllabus prior to attending class.

***The instructor reserves the right to modify the syllabus during the semester.***

1 ACE’s Essentials of Exercise Science for Fitness Professionals

2 ACE Personal Trainer Manual

**AU eValuate**

Students are encouraged to submit course evaluations through AU eValuate. Fall Semester evaluation dates:

Open: November 29, 2012 (8:00 am)

Closed: December 2, 2012 (11:59 pm)

\* *Order books directly from ACE at* [*www.acefitness.org/students*](http://www.acefitness.org/students) *at a discount.*