KINE 3030-001: Personal Training

**Fall Semester, 2015**

**Instructors:** Laure Butcher

**Office:** Recreation and Wellness Center; 601 Heisman Drive

**Office Phone:** (334) 844-0117

**Email:** llp0011@auburn.edu **or** laure.butcher@auburn.edu

**Class Time:** Tuesday and Thursday, 9:30am – 10:45am

**Location**: Coliseum 2116 and Recreation & Wellness Center

**Required text:** NASM Essentials of Personal Fitness Training, 4th Edition Revised

**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 the principles and methods of assessments, training concepts and program design through application of the Optimum Performance Training (OPT) Model
3. Understand the scientific rationale for integrated training, human movement science, exercise metabolism and bioenergetics

4. Demonstrate the proper usage of various exercise modalities utilizing appropriate exercise guidelines and spotting techniques

5. Exhibit the communication and client interaction skills needed in personal fitness instruction

**Course Policy Statements**

A. Attendance

 Physical Activity and Wellness Program 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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class may lose 1 point from their final grade per offense. Unexcused absences cannot be made up and may result in a 3 point deduction from the student’s final grade per absence.

Once a student has accrued five 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 and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. All excused absences must be uploaded to Canvas and emailed to instructor on course. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. Except in unusual circumstances, such as continued absence of the student or the advent of University holidays, a make-up exam will take place within two weeks from the time that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**ACADEMIC HONESTY**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**STUDENTS WITH DISABILITIES**

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).

**COURSE REQUIREMENTS & GRADING POLICY**

**GRADING POLICY**Course grades will be posted on Canvas and be determined based on the following breakdown:

Activity/Requirement % of total grade

Activity PoiTests 30

Quizzes 30

Participation/Attendance 30

Presentation 10

Earned Points                                                                           Letter Grade

90 and above                                                                            A

89 – 80                                                                                     B

79 – 70                                                                                     C

69 – 60                                                                                     D

59 and below                                                                              F

**You are required to:**

* Read the chapters indicated on the Syllabus prior to attending class
* Complete all Quizzes/Assignments on Canvas by the assigned turn in date

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| **STUDY DAY** | **COMPLETION DATE** | **CHAPTER** | **ASSIGNMENT** |
| ***Introduction to the Optimum Performance Training Model*** |
| Week 1  | 08/18/2015 | Discuss the Course Syllabus |  |
| Week 1 | 08/20/2015 | 1 – The Scientific Rationale for Integrated Training | Read Chapter 1**Quiz: Try it out! Due** |
| ***Basic and Applied Sciences*** |
| Week 2 | 08/25/2015 | 2 – Basic Exercise Science | Read Chapter 2 |
| Week 2 | 08/27/2015 | 2 – Basic Exercise Science3 – The Cardiorespiratory System | Read Chapter 3 |
| Week 3 | 09/01/2015 | 4 – Exercise Metabolism & Bioenergetics | Read Chapter 4**Quiz: #1, #2, #3 Due** |
| Week 3 | 09/03/2015 | 5 – Human Movement Science | Read Chapter 5 |
| Week 4 | 09/08/2015 | 5 – Human Movement Science | Hand out 3-day food journal |
| ***Assessment*** |
| Week 4 | 09/10/2015 | 6 – Fitness Assessment | Read Chapter 6**Quiz: #4, #5 Due** |
| Week 5 | 09/15/2015 | In class assignmentRegistered dietitian: nutrition & supplementation | Conduct an assessment & guest speaker |
| ***Considerations in Nutrition*** |
| Week 5 | 09/17/2015 | 17- Nutrition | Read Chapter 17**Quiz #6 Due**  |
| Week 6 | 09/22/2015 | 18- Supplementation | Read Chapter 18 |
| ***Client Relations, Coaching, Practice & Responsibility***  |
| Week 6 | 09/24/2015 | 19 – Lifestyle Modification and Behavioral Coaching | Read Chapter 19**Quiz: #17, #18 Due** |
| Week 7 | 09/29/2015 | 20 – Developing a Successful Personal Training Business | Read Chapter 20Hand out midterm study guide |
| Week 7 | 10/01/2015 | Administrative Responsibilities/Risk Management | **Quiz: #19, #20 Due** |
| ***Midterm: Exam***  |
| Week 8 | 10/06/2015 | Midterm review | Come with study guide & questions |
| Week 8 | 10/08/2015 |  **MIDTERM EXAM** |  |
| Week 9 | 10/13/15 | Out of class assignment | **Assignment due** |
| Week 9 | 10/15/15 | **Fall Break: no class** |  |
| ***Exercise Technique, Training Instruction, & Program Design*** |
| Week 10 | 10/20/2015 | 16 – Chronic Health Conditions and Physical or Functional Limitations | Read Chapter 16 |
| Week 10 | 10/22/2015 | 15 – Intro. to Exercise Modalities | Read Chapter 15 |
| Week 11 | 10/27/2015 | 7 – Flexibility Training Concepts | Read Chapter 7**Quiz: #16, #15 Due** |
| Week 11 | 10/29/2015 | 8 – Cardiorespiratory FitnessTraining  | Read Chapter 8 |
| Week 12 | 11/03/2015 | 9 – Core Training Concepts10 – Balance Training Concept | Read Chapter 9 & 10**Quiz: #7, #8 Due** |
| Week 12 | 11/05/2015 | 11 – Plyometric Training Concepts 12 – Speed, Agility, and Quickness Training | Read Chapter 11 Read Chapter 12 |
| Week 13 | 11/10/2015 | 13 – Resistance Training Concepts | Read Chapter 13**Quiz: #9,#10** |
| Week 13 | 11/12/2015 | 14 – Integrated Program Design and the Optimum Performance Training (OPT) Model | Read Chapter 14**Quiz: #11,#12** |
| ***Presentations & Final Exam*** |
| Week 14 | 11/17/2015 | In class: work on group presentations | **Quiz: #13, #14 Due**Hand out final study guide |
| Week 14 | 11/19/2015 | Group Presentations in class |  |
| Week 15 | 11/24 & 26 | **Thanksgiving Break: no class** |  |
| Week 16 | 12/01/2015 | FINAL EXAM REVIEW | Come with Questions |
|  Week 16 | 12/03/2015 | **FINAL EXAM** |  |

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

**AU eValuate**

Students are encouraged to submit course evaluations through AU eValuate. Spring Semester evaluation dates will be announced in class.