**Instructors:** Kaelee Humphrey, Personal Training Graduate Assistant

**Office:** Recreation and Wellness Center

**Email:** kah0068@auburn.edu

**Class Time:** Monday/Wednesday from 12:00-1:30PM

Tuesday/Thursday from 2:00-3:30PM

**Location**: Personal Training Studio, Recreation and Wellness Center

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

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
6. Conduct a comprehensive fitness assessment, including an initial interview, physiological measurements, body composition, cardio-respiratory, dynamic posture, muscular endurance and strength, and flexibility assessments

**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 will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will 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.

**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. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

**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.

**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).

**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.

ACADEMIC HONESTY

**COURSE ASSIGNMENTS**

**Program Designs and Assignments**

Students will create a program design for a mock client for each phase of the NASM Optimum Performance Training Model. Program designs are worth 20% of the final grade. 10% will be deducted for late assignments every class period.

* Stabilization Endurance Training Program Design
* Strength Endurance Training Program Design
* Hypertrophy Training Program Design
* Maximum Strength Training Program Design
* Power Training Program Design

**Skill Performance Assessments**

Students will demonstrate their practical skills through skill performance assessments. Skill performance assessments are worth 20% of the final grade.

* NASM Dynamic Movement Assessments Skill Performance Assessment
* Initial Interview and Comprehensive Fitness Assessment Skill Performance Assessment
* Mock Training Session Skill Performance Assessment

**Final Project**

Students will demonstrate the knowledge they have gained from KINE 3031 by putting together a Mock Client Packet. The Final Project is worth 10% of the final grade.

* Client Packet will be graded based on different variables that will be labeled on a grading rubric
* Students must hand in Client Packet and sign up for a 10/15 minute time slot to test out.
* Students must hand in both the required packet, and complete a test out with the instructor to receive full credit. Partial credit will not be given.

**Daily Attendance**

Daily attendance is worth 40% of the final grade. Please come to class.

**Engagement/Participation**

Students can earn up to 10% of the final grade for engagement and participation during the lab experiences. Participation requires students to be dressed appropriately and fully take part in daily activities. This includes enthusiasm, professionalism, respect towards the instructor and classmates, and completion of in class activities and assignments. Engagement and participation will be graded based on instructor observation.

**GRADING POLICY**

**GRADING POLICY**Course grades will be determined on the following point system:

Course Assignments Percentage

Program Designs and Assignments 20%

Activity PoiSkill Performance Assessments 20%

Daily Attendance 40%

Engagement/Participation 10%

Final Project Mock Client 10%

Earned Points Letter Grade

90 and above A

89 – 80 B

79 – 70 C

69 – 60 D

59 and below F

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| **WEEK** | **WEEK OF** | **TOPIC/FOCUS** | **ASSIGNMENTS/INSTRUCTIONS** |
| **1** | **8/16/2016** | **Day 1:** Introductions, Syllabus | **T/R Section will NOT meet Thursday 8/18** |
| **2** | **8/22/2016** | **Day 1:** Initial interview, OPT, NASM Template |  |
| **Day 2:** Reviewing the registration form, ACSM risk stratification |
| **3** | **8/29/2016** | **Day 1:** Blood pressure, heart rate, height, weight, BIA, BMI, THR |  |
| **Day 2:** Body circumference + Skinfolds |
| **4** | **9/6/2016** | **Day 1:** **No Class 9/5 or 9/8** | **No Class 9/5 or 9/8 – Class only meets 9/6 and 9/7**  **Wear workout attire** |
| **Day 2:** NASM Static Posture & Dynamic Movement Assessment |
| **5** | **9/12/2016** | **Day 1:** Practice and Review Assessments | **Wear workout attire** |
| **Day 2:** Practical Exam for Assessments |
| **6** | **9/19/2016** | **Day 1:** FMS: Deep squat, hurdle step, in-line lunge, shoulder mobility, impingement test | **Wear workout attire** |
| **Day 2:** FMS: Active hamstring flexibility, linear stability push up, rotary stability quadruped, prone press up test, kneel lumbar flexion |
| **7** | **9/26/2016** | **Day 1:** YMCA 3 minute step test, Push Up, Curl Up, Hand Grip, Sit & Reach | **Wear workout attire** |
| **Day 2:** Practice Assessments |
| **8** | **10/3/2016** | **Day 1:** Review day for Skills Assessment # 2, run through entire assessment | **Wear workout attire** |
| **Day 2:** Assessment #2 |
| **9** | **10/10/2016** | **Day 1:** CORE Lifts | **Workout Day!**  **Wear workout attire**  **No class 10/12 & 10/13** |
| **Day 2:** No Scheduled Lab 10/12 & 10/13 –Happy Fall break |
| **10** | **10/17/2016** | **Day 1:** Workout Day | **Workout Day, wear workout attire** |
| **Day 2:** Workout Day |
| **11** | **10/24/2016** | **Day 1:** Principles of stretching and Foam rolling |  |
| **Day 2:** OPT Model: Stabilization Endurance Training |
| **12** | **10/31/2016** | **Day 1:** Lead partner through Stabilization Endurance workout | **Wear workout attire**  **Stabilization Endurance Training Program Design due Day 1** |
| **Day 2:** OPT Model: Strength Endurance Training, Hypertrophy Training, Maximum Strength Training |
| **13** | **11/7/2016** | **Day 1:** Lead partner through Strength Endurance or Hypertrophy workout | **Wear workout attire**  **Strength Endurance Training & Hypertrophy Training Program Designs due Day 1** |
| **Day 2:** OPT Model: Power Training |
| **14** | **11/14/2016** | **Day 1:** Lead partner Maximum Strength Training or Power workout | **Wear workout attire**  **Maximum Strength Training and Power Training Program Designs due Day 1** |
| **Day 2:** Prep for Final Project |
| **15** | **Thanksgiving Break** |  |  |
| **16** | **11/28/2016** | **Day 1:** Complete Assessments needed on partner in order to program | **Sign up for practical exam time slot**  **Turn in Client Packet**  **Wear workout attire** |
| **Day 2:** Turn in Client Packet & sign up for evaluation time slot with your partner |

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