KINE 3030-001:

Into to Personal Training

Fall 2017

# **Course Details:**

**CRN:** 15580

**Office:** Auburn University Recreation and Wellness Center, 601 Heisman Drive

**Office Hours:** by appointment only

**Instructor and Email:** Laure Butcher, llp0011@auburn.edu

**Course days & times:** T/R 9:30-10:45am

**Course location:** Student Activities Building Room 253

**Required Text:** NASM Essentials of Personal Fitness Training 5th edition (2017)

# **Course Requirements and 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 (Midterm & Final) 30

Quizzes 35

Participation/Attendance 20

Presentation 15

Earned Points                                                                           Letter Grade

90 and above                                                                            A

89 – 80                                                                                     B

79 – 70                                                                                     C

69 – 60                                                                                     D

59 and below                                                                              F

# **Course Description**

This course is designed to provide theoretical knowledge and practical skills in preparation for the NASM 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 to reach specified adaptations and goals

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

6. Feel competent and ready to take the NASM Certified Personal Training Exam

# **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 accumulated 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 accumulate 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 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. Quizzes may be submitted up to 4 days after expiration with a 25% deduction of the final score per day late.

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. Check your email and Canvas notifications for such instances.

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

Late Quizzes: 25% of total grade will be taken off per day late. If there is an issue with Canvas, or elsewhere, it is up to the student to notify the instructor prior to the deadline or ASAP to not result in a point deduction.

# **Academic Honesty Policy**

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 the first week of classes, or as soon as possible if accommodations are needed immediately. 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.

# **Fall 2017 Calendar Dates**

Classes begin 21st august

September 4th Labor Day

October 12-13th Fall Break

Nov 20-24th Thanksgiving Break

Dec 8th Classes End

Dec 11-15th Final Exam Period

| **WEEK** | **DATE** | **CHAPTER** | **ASSIGNMENTS** |
| --- | --- | --- | --- |
| 1 | Aug 22 | Syllabus & Intro | Syllabus quiz open |
| 1 | Aug 24 | CH 1 Introduction to the Fitness Profession | Syllabus quiz dueCH 1 quiz open |
| 2 | Aug 29 | CH 2 Career Directions in Sport, Health, and Fitness | CH 1 quiz dueCH 2 quiz open |
| 2 | Aug 31 | CH 3 Disciplines of Functional Biomechanics | CH 2 quiz dueCH 3 quiz open |
| 3 | Sep 5 | CH 3 Disciplines of Functional BiomechanicsCH 4 The Human Movement System in Fitness |  |
| 3 | Sep 7 | CH 4 The Human Movement System in Fitness | CH 3 quiz dueCH 4 quiz open |
| 4 | Sep 12 | CH 4 The Human Movement System in Fitness |  |
| 4 | Sep 14 | CH 5 Client-Based Nutrition Sciences | CH 4 quiz dueCH 5 quiz open |
| 5 | Sep 19 | CH 6 Concepts of Integrated Training | CH 5 quiz dueCH 6 quiz open |
| 5 | Sep 21 | CH 6 Concepts of Integrated Training |  |
| 6 | Sep 26 | CH 7 Navigating the Professional Fitness Environment  | CH 6 quiz dueCH 7 quiz open |
| 6 | Sep 28 | CH 8 Client Acquisition and Consultations | CH 7 quiz dueCH 8 quiz open |
| 7 | Oct 3 | CH 9 Executing Formal Fitness Assessments | CH 8 quiz dueCH 9 quiz open |
| 7 | Oct 5 | Review for Midterm | CH 9 quiz dueReview for Midterm |
| 8 | Oct 10 | Midterm | Midterm |
| 8 | Oct 12 | Fall Break |  |
| 9 | Oct 17 | CH 10 Initializing Program Design | CH 10 quiz open |
| 9 | Oct 19 | CH 14 OPT Model Everyday | CH 10 quiz dueCH 14 quiz open |
| 10 | Oct 24 | CH 11 OPT Model Stabilization | CH 14 quiz dueCH 11 quiz open |
| 11 | Oct 31 | CH 12 OPT Model Strength | CH 11 quiz dueCH 12 quiz open |
| 11 | Nov 2 | CH 13 OPT Model Power | CH 12 quiz dueCH 13 quiz open |
| 12 | Nov 7 | CH 15 Exercise Technique | CH 13 quiz dueCH 15 quiz open |
| 12 | Nov 9 | CH 15 Exercise Technique |  |
| 13 | Nov 14 | CH 16 Behavior Change StrategiesProjects handed out | CH 15 quiz dueCH 16 quiz open |
| 13 | Nov 16 | Work on projects in class | CH 16 quiz due |
| 14 | Nov 21 | Thanksgiving Break |  |
| 14 | Nov 23 | Thanksgiving Break |  |
| 15 | Nov 28 | Project presentation |  |
| 15 | Nov 30 | Project presentation |  |
| 16 | Dec 5 | Final Exam Review | Final Exam Review |
| 16 | Dec 7 | Final Exam | Final Exam in class |

Project presentations: Students will be put into groups of 3-4 and given a mock client with their medical information and assessment paperwork. The students will make an 8-10 minute presentation going over a weekly workout plan for the given client. During this presentation the students will introduce the client, discuss rationale for their created plan, and answer questions from classmates and the professor.