# **\*\*Please make sure to check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic.\*\***

<https://ahealthieru.auburn.edu/>

**COVID-specific policies relevant to this course can be found later in this syllabus.**

# KINE 3030-001:

# Intro to Personal Training

# Fall 2020

## Course Details:

**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 241

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

**Class Requirement:** follow all statements and policies set forth by Auburn University

## 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 |
| Tests (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 result in a partial deduction from the student’s participation/attendance grade per offense. Unexcused absences cannot be made up and result in a deduction from the student’s participation/attendance 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 quizzes and 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 quiz or exam will take place within two weeks from the time that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up quizzes or exams will be arranged during the last three days before the final exam period begins. The format of the make-up quizzes or exams 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 class period 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.

## 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.

**\*COVID-19 Policy Statements\***

**Attendance Policy**

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance of your absence if possible (or within 48 hours of missed class)
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments electronically as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

**Face Covering Policy**

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

## Fall 2020 Academic Calendar Dates

August 17: First day of classes

Sept 7: Labor Day holiday

Oct 6: Mid semester

Nov 24: Classes end

December 2-8: Final exam week

December 12: Commencement

| **WEEK** | **DATE** | **CHAPTER** | **ASSIGNMENTS** |
| --- | --- | --- | --- |
| 1 | Aug 18 | Syllabus & Intro | Syllabus quiz open |
| 1 | Aug 20 | CH 1 Introduction to the Fitness Profession | Syllabus quiz dueCH 1 quiz open |
| 2 | Aug 25 | CH 2 Career Directions in Sport, Health, and Fitness | CH 1 quiz dueCH 2 quiz open |
| 2 | Aug 27 | CH 3 Disciplines of Functional Biomechanics | CH 2 quiz dueCH 3 quiz open |
| 3 | Sept 1 | CH 3 Disciplines of Functional Biomechanics & anatomy review |  |
| 3 | Sept 3 | CH 4 The Human Movement System in Fitness | CH 3 quiz dueCH 4 quiz open |
| 4 | Sept 8 | CH 4 The Human Movement System in Fitness |  |
| 4 | Sept 10 | CH 4 The Human Movement System in Fitness |  |
| 5 | Sept 15 | CH 5 Client-Based Nutrition Sciences | CH 4 quiz dueCH 5 quiz open |
| 5 | Sept 17 | CH 6 Concepts of Integrated Training | CH 5 quiz dueCH 6 quiz open |
| 6 | Sept 22 | CH 6 Concepts of Integrated Training |  |
| 6 | Sept 24 | CH 7 Navigating the Professional Fitness Environment | CH 6 quiz dueCH 7 quiz open |
| 7 | Sept 29 | CH 8 Client Acquisition and Consultations | CH 7 quiz dueCH 8 quiz open |
| 7 | Oct 1 | CH 9 Executing Formal Fitness Assessments Midterm study guide handed out | CH 8 quiz dueCH 9 quiz open |
| 8 | Oct 6 | Review for midterm | CH 9 quiz due |
| 8 | Oct 8 | Midterm |  |
| 9 | Oct 13 | CH 10 Initializing Program Design.  | CH 10 quiz open |
| 9 | Oct 15 | CH 11 OPT Model Stabilization | CH 10 quiz dueCH 11 quiz open |
| 9 | Oct 20 | CH 12 OPT Model Strength | CH 11 quiz dueCH 12 quiz open |
| 10 | Oct 22 | CH 13 OPT Model Power | CH 12 quiz dueCH 13 quiz open |
| 10 | Oct 27 | CH 14 OPT Model Everyday | CH 13 quiz dueCH 14 quiz open |
| 11 | Oct 29 | CH 16 Behavior Change Strategies | CH 14 quiz dueCH 16 quiz open |
| 11 | Nov 3 | Special Populations | CH 16 quiz dueSpecial Populations quiz open |
| 12 | Nov 5 | Guest SpeakerAssign class presentations | Special Populations quiz due |
| 12 | Nov 10 | Work on Class Presentations |  |
| 13 | Nov 12 | Class Presentations  |  |
| 13 | Nov 17 | Class Presentations |  |
| 14 | Nov 19 | Final Exam Review |  |
| 14 | Nov 24 | FINAL EXAM |  |

Project presentations: Students will be put into groups of 3-4 and given a mock client with their medical history and assessment paperwork. The students will make a 5-10-minute presentation; providing information about the client and then going over a 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 instructor.

\*Syllabus and schedule are subject to change. Any changes or updates will be posted to Canvas announcements. Please turn on your notifications in the Canvas to stay updated on all changes!