# **KINE 3030-001:**

# **Intro to Personal Training**

# **Fall 2023**

## 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:** Recreation and Wellness Center, Training Room A

**Required E-Text:** NASM Essentials of Personal Fitness Training 7th edition

**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 | 45 |
| Participation/Attendance | 25 |

|  |  |
| --- | --- |
| Earned Points | Letter Grade |
| 90 and above | A |
| 89 – 80 | B |
| 79 – 70 | C |
| 69 – 60 | D |
| 59 and below | F |

## Course Description

## The goal of this program is to prepare you for a long-lasting and fruitful career as a Certified Personal Trainer (CPT); regardless of your educational and career background. With this program, you’re given all of the tools and resources needed to become a successful fitness professional and positively impact your client’s health and wellness.

## Course Objectives

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

-Identify and adhere to applicable professional standards and codes of conduct including business and professional development practices.

## -Recognize and apply exercise psychology and behavioral coaching techniques for a wide variety of clients.

## -Identify concepts and structures of anatomy and physiology, human movement science, exercise metabolism, nutrition, and supplementation.

## -Select, perform, and interpret results from a client fitness assessment.

## -Provide instruction and demonstrate proper exercise techniques for clients.

## -Design client-specific exercise programs based on assessment results and client abilities

## All Access Course

### What does this mean?

All Access is the Bookstore’s inclusive access program, which converts previously physical course materials into digital content. This material is ready and waiting for you on the first day of class and is free until drop/add day (for the fall and spring semesters, that's two weeks free).

The cost of All Access materials has been negotiated to offer you the best price available. It’s all of the text without the book.

### How do I find it?

Codes for access to the material will be emailed from [noreply@auburn.edu](mailto:noreply@auburn.edu) right before classes start an you will receive an email with redemption instructions.

### What does it cost?

For the first two weeks of class, everyone gets this content for free.  All students in this course start as opted in to pay for the content for the course. The price you will be billed is $295.95, a discounted price for Auburn.

If you want to opt out and not be charged, all you have to do is follow the instructions (see <https://www.aubookstore.com/t-txt_allaccessoptout1.aspx> ). You will lose access at the end of the two weeks, unless you have purchased it on your own.

### How do I pay?

If you are still opted in on September 6, then we will send the charge to your next ebill.  This will be labeled as the course on your ebill so you will know. You will get a reminder on September 2 to remind you about the deadline.

### What if I’m on scholarship?

We can charge All Access content to any scholarship that we charge at the Bookstore.  Those will be done automatically when we bill.

### What is the refund policy?

After the opt out deadline, we can only offer refunds to students who have dropped the course or withdrawn from the university. That is why the opt out deadline will be crucial for you to decide if you want to be charged or not.

### What if I need help?

For most digital content in All Access, Google Chrome works best as a browser and you will want to make sure it’s up to date.

Contact **Russell Weldon** [**books@auburn.edu**](mailto:books@auburn.edu) **or 844-1352 or** <http://aub.ie/allaccess> for more information or if you have any questions.

## 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.

**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.

**Diversity, Equity, and Inclusion**

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity, including but not limited to gender and gender expression, sexuality, disability, age, socioeconomic status, veteran status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. For example: - If your name or pronouns differ from your university records, please let me know so that I can correctly address you. - If any class activities conflict with your religious events, please let me know and we will make arrangements. Unfortunately, incidents of bias or discrimination (both intentional and unintentional) do occur, and they contribute to creating an unwelcoming environment. If something is said or done (by anyone) that makes you feel uncomfortable, I welcome you to talk to me about it. If you would prefer to remain anonymous, you can also submit a report of bias. Together, we are responsible for fostering an inclusive learning environment based on mutual respect.

**Title IX**

Auburn University is committed to providing a learning, working and living environment that promotes personal integrity, civility, and mutual respect in an environment free of discrimination on the basis of sex, which includes all forms of sexual misconduct. The Title IX Policy prohibits sexual harassment within education programs and activities, including the crimes of sexual assault, domestic/dating violence, and stalking. I am a “mandatory reporter” under the Title IX Policy and must report all relevant details (obtained directly or indirectly) about an incident of sexual harassment that involves a university student or employee, or that occurred on property owned or controlled by the University. You can obtain confidential support from many sources listed on Auburn’s Title IX website, including Safe Harbor (334-844-7233), Student Counseling Services (334-844-5123), Rape Counselors of East Alabama (334-705-0510), and Domestic Violence Intervention Center (334- 749-1515). To report an incident yourself, you are encouraged to submit via <https://cm.maxient.com/reportingform.php?AuburnUniv&layout_id=5>

## Fall 2023 Academic Calendar Dates

August 16: First day of classes

September 4:Labor Day holiday

October 5: Mid-semester

October 13: Fall break

November 20-24: Thanksgiving break

December 1: Classes end

December 4-8: Final exam week

December 8-9: Commencement

| **WEEK** | **DATE** | **CHAPTER** | **ASSIGNMENTS** |
| --- | --- | --- | --- |
| 1 | Aug 17 | Syllabus & Intro | Syllabus quiz open |
| 2 | Aug 22 | CH 1 Modern State of Health & Fitness | Syllabus quiz due  CH 1 quiz open |
| 2 | Aug 24 | CH 2 The Personal Training Profession | CH 1 quiz due  CH 2 quiz open |
| 3 | Aug 29 | CH 3 Psychology of Exercise | CH 2 quiz due  CH 3 quiz open |
| 3 | Aug 31 | CH 4 Behavioral Coaching | CH 3 quiz due  CH 4 quiz open |
| 4 | Sept 5 | CH 5 Nervous, Skeletal, & Muscular Systems | CH 4 quiz due  CH 5 quiz open |
| 4 | Sept 7 | CH 5 Nervous, Skeletal, & Muscular Systems |  |
| 5 | Sept 12 | CH 6 Cardiorespiratory, Endocrine, & Digestive Systems | CH 5 quiz due  CH 6 quiz open |
| 5 | Sept 14 | CH 6 Cardiorespiratory, Endocrine, & Digestive Systems |  |
| 6 | Sept 19 | CH 7 Human Movement Science | CH 6 quiz due  CH 7 quiz open |
| 6 | Sept 21 | CH 7 Human Movement Science |  |
| 7 | Sept 26 | CH 8 Exercise Metabolism & Bioenergetics | CH 7 quiz due  CH 8 quiz open |
| 7 | Sept 28 | CH 9 Nutrition  Guest speaker | CH 8 quiz due  CH 9 quiz open |
| 8 | Oct 3 | CH 10 Supplementation | CH 9 quiz due  CH 10 quiz open |
| 8 | Oct 5 | Budget Day  Review for the midterm exam |  |
| 9 | Oct 10 | Review for the midterm exam | CH 10 quiz due |
| 9 | Oct 12 | MIDTERM EXAM |  |
| 10 | Oct 17 | CH 11 Health, Wellness & Fitness Assessments | CH 11 quiz open |
| 10 | Oct 19 | CH 12 Posture, Movement, & Performance Assessment | CH 11 quiz due  CH 12 quiz open |
| 11 | Oct 24 | CH 13 Integrated Training & OPT Model | CH 12 quiz due  CH 13 quiz open |
| 11 | Oct 26 | CH 14 Flexibility Training  CH 15 Cardiorespiratory Training Concepts | CH 13 quiz due  CH 14 & 15 quiz open |
| 12 | Oct 31 | CH 16 Core Training Concepts  CH 17 Balance Training Concepts | CH 14 & 15 quiz due  CH 16 & 17 quiz open |
| 12 | Nov 2 | CH 18 Plyometric (Reactive) Training Concepts  CH 19 Speed, Agility, & Quickness Training Concepts | CH 16 & 17 quiz due  CH 18 & 19 quiz open |
| 13 | Nov 7 | CH 20 Resistance Training Concepts | CH 18 & 19 quiz due  CH 20 quiz open |
| 13 | Nov 9 | CH 21 The OPT Model | CH 20 quiz due  CH 21 quiz open |
| 14 | Nov 14 | CH 22 Introduction to Exercise Modalities | CH 21 quiz due  CH 22 quiz open |
| 14 | Nov 16 | CH 23 Chronic Health Condition & Special Populations | CH 22 quiz due  CH 23 quiz open |
| 15 | Nov 21/23 | Thanksgiving Break |  |
| 16 | Nov 28 | Review for final exam | CH 23 quiz due |
| 16 | Nov 30 | FINAL EXAM |  |

\*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!

*If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situations (such as an H1N1 flu 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.*

**For access to your ebook: Create an NASM/AFAA account here:**[**Create Account**](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fauth.nasm.org%2Fregister%3Fservice%3Dhttp%3A%2F%2Fwww.nasm.org%2F&data=05%7C01%7Cllp0011%40auburn.edu%7C8b6e68f0a52b455082ef08db9b4ef318%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638274535617771413%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2Qu%2FtPvo5%2F9KC3nqw%2BxwnxiO1CH1VAcpdd90dX2Hp8s%3D&reserved=0)

1.      Log in to your NASM/AFAA account: [Click Here](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fauth.nasm.org%2Flogin%3Fservice%3Dhttp%3A%2F%2Fwww.nasm.org%2F&data=05%7C01%7Cllp0011%40auburn.edu%7C8b6e68f0a52b455082ef08db9b4ef318%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638274535617771413%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oe0AISNegYj8Pz1X6xDfPr7YnU05LJVXnbyuGx7DUXI%3D&reserved=0)

2.      Once logged in, if not redirected to your account profile, click on "My Account" in top right of the page

3.      Select the "Enrollment Key" option

4.      In the enrollment key field please enter:   3cde431d04a4

5.      Click "Next"

6.      You will find your new course(s) added under "Courses"

You are now ready to begin your education with NASM!

If you have any questions about this email or its instructions, please call NASM Member Services at 800.460.NASM or email us at [nasmcares@nasm.org](mailto:nasmcares@nasm.org)

Have a question? Visit [https://www.nasm.org/resources/faq](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nasm.org%2Fresources%2Ffaq&data=05%7C01%7Cllp0011%40auburn.edu%7C8b6e68f0a52b455082ef08db9b4ef318%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638274535617771413%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hBh%2BsunYqP9lmzUjOvaUQxHiUeMffAYYMmoO1XfjVK8%3D&reserved=0) for general information.

The opt out deadline is September 7, with the reminder on September 6.