

KINE 4970-002: Personal Training Spring Semester, 2012

Instructor: Bill Jackson

Office: Student Activities Center

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Class Time: Tuesday & Thursday, 12:30-1:45

Location: Coliseum 2034

Required text:

ACE's Essentials of Exercise Science for Fitness Professionals (2010)

ACE Personal Trainer Manual, 4th edition (2010)

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 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

COURSE REQUIREMENTS

Attendance

Tests

Assignments

ATTENDANCE

Physical Activity and Wellness Program (PAWP) 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. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student's final grade per absence. Once a student has accrued five (5) 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 or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University's policy concerning class attendance and excused/unexcused absences):
and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor's timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor's discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University's policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

Attendance is taken at the beginning of each class period. The student is expected to attend all classes, except in the case of a university approved excused absence, medical cause or emergency as detailed in the Tiger Cub. In the case of a university excused absence, all assignments will be due at the beginning of the next class attended.

STUDENTS WITH DISABILITIES

Any student needing special accommodations should inform the instructor(s) and/or contact the Program for Students with Disabilities, in 1244 Haley Center as soon as possible.

STATEMENT of STUDENT ACCOMMODATION

Students who need accommodations are asked 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. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

ACADEMIC HONESTY

Auburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Tiger Cub and contains a list of those actions that are considered cheating and the possible consequences they carry. Violations of the Academic Honesty Code will not be tolerated in this course.

GRADING POLICY

Course grades will be determined on the following point system:

<u>Activity</u>	<u>Points</u>
Tests	90
Bonus for Perfect Attendance	10

<u>Earned Points</u>	<u>Letter Grade</u>
90 and above	A
89 - 80	B
79 - 70	C
69 - 60	D
59 and below	F

Class Schedule

Week 1

Tuesday, January 10, 2012	Introduction Review Syllabus
Thursday, January 12, 2012	Chapter 1 – Human Anatomy ¹

Week 2

Tuesday, January 17, 2012	Chapter 1 – Human Anatomy ¹ Chapter 2 – Exercise Physiology ¹
Thursday, January 19, 2012	Chapter 2 – Exercise Physiology ¹ Chapter 5 – Physiology of Training ¹

Week 3

Tuesday, January 24, 2012	Chapter 3 – Fundamentals of Applied Kinesiology ¹
Thursday, January 26, 2012	Chapter 3 – Fundamentals of Applied Kinesiology ¹

Week 4

Tuesday, January 31, 2012

Chapter 4 – Nutrition¹

Thursday, February 2, 2012

Test 1: Chapters 1 – 5 (Essentials of Exercise Science)

Week 5

Tuesday, February 7, 2012

Chapter 1 – Role and Scope of Practice of the Personal Trainer²
Chapter 2 – Principles of Adherence and Motivation²

Thursday, February 9, 2012

Chapter 2 – Principles of Adherence and Motivation²
Chapter 3 – Communication and Teaching Techniques²

Week 6

Tuesday, February 14, 2012

Chapter 3 – Communication and Teaching Techniques²
Chapter 4 – Basics of Behavior Change and Health Psychology²

Thursday, February 16, 2012

Test 2: Chapters 1 – 4 (ACE Personal Trainer Manual)

Week 7

Tuesday, February 21, 2012

Chapter 5: Introduction to the ACE Integrated Fitness Model²
Chapter 6: Building Rapport and the Initial Investigation Phase²

Thursday, February 23, 2012

Chapter 6: Building Rapport and Initial Investigation Phase²

Week 8

Tuesday, February 28, 2012

Chapter 7: Functional Assessments: Posture, Movement...²

Thursday, March 1, 2012

Chapter 8: Physiological Assessments²

Week 9

Tuesday, March 6, 2012

Test 3: Chapters 5 – 8 (ACE Personal Trainer Manual)

Thursday, March 8, 2012

Chapter 9: Functional Programming for Stability-Mobility...²

Week 10

Tuesday, March 20, 2012

Chapter 10: Resistance Training²

Thursday, March 22, 2012

Chapter 11: Cardiorespiratory Training²

Week 11

Tuesday, March 27, 2012 Chapter 12: The ACE Integrated Fitness Model in Practice²

Thursday, March 29, 2012 Chapter 13: Mind-body Exercise²

Week 12

Tuesday, April 3, 2012 Test 4: Chapters 9 – 13 (ACE Personal Trainer Manual)

Thursday, April 5, 2012 Chapter 14: Exercise and Special Populations²

Week 13

Tuesday, April 10, 2012 Chapter 15: Common Musculoskeletal Injuries...²

Thursday, April 12, 2012 Chapter 15: Common Musculoskeletal Injuries...²
Chapter 16: Emergency Procedures

Week 14

Tuesday, April 17, 2011 Chapter 17: Legal Guidelines and Professional Responsibilities²

Thursday, April 19, 2011 Chapter 18: Personal-trainer Business Fundamentals²

Week 15

Tuesday, April 24, 2011 Test 5: Chapters 13 – 18 (ACE Personal Trainer Manual)

You are required to read the Chapters indicated on the Syllabus prior to attending class.

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

¹ ACE's Essentials of Exercise Science for Fitness Professionals

² ACE Personal Trainer Manual