KINE 4970-010: Personal Training Lab Experience

**Spring Semester, 2014**

**Instructors:** Bill Jackson

Nick Drake

**Office:** Recreation and Wellness Center

**Office Phone:** (334) 844-3212

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**Class Time:** TBA; Varies based on student availability

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

**Required text:** NASM Essentials of Personal Fitness Training, 4th Edition (2012)

Movement, Gray Cook, e-book, (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

**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:

1. 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
2. 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 & PARTICIPATION**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 Student Policy eHandbook. In the case of a university excused absence, all assignments will be due at the beginning of the next class attended.

**STUDENTS WITH DISABILITIES**

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**STATEMENT of STUDENT ACCOMMODATION**

“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**

ACADEMIC HONESTYAuburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) ) 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**

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Activity Points

Activity PoiSkill Performance Assessments/Presentations 70

Engagement/Participation 15

Perfect Attendance 15

Earned Points Letter Grade

90 and above A

89 – 80 B

79 – 70 C

69 – 60 D

59 and below F

**CLASS SCHEDULE**

|  |  |  |  |
| --- | --- | --- | --- |
| **WEEK** | **DATE** | **TOPIC/FOCUS** | **ASSIGNMENT/INSTRUCTIONS** |
| **1** | **1/13/2014** | **Introductions; Orientation to facility, equipment and exercise modalities** | **Choose Lab Dates & Times** |
| **2** | **1/20/2014** | **Integrated Training and the Optimum Performance Training (OPT) Model**  | **No Class June 5-7** |
| **3** | **1/27/2014** | **MicroFit; Fitness Assessments; Functional Movement Screen (FMS)** | **Wear Workout Attire** |
| **4** | **2/3/2014** | **FMS; Skill Performance Evaluation; Program Design and Concepts** | **Wear Workout Attire** |
| **5** | **2/10/2014** | **Program Design and Concepts** | **Wear Workout Attire** |
| **6** | **2/17/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model Template**  |
| **7** | **2/24/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model Template** |
| **8** | **3/3/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model Template** |
| **9** | **3/10/2014** | **SPRING BREAK** | **No Class** |
| **10** | **3/17/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model Template** |
| **11** | **3/24/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model** **Template** |
| **12** | **3/31/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model** **Template** |
| **13** | **4/7/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model** **Template** |
| **14** | **4/14/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model** **Template** |
| **15** | **4/21/2014** | **Skill Performance Assessments & Presentations** | **Wear Workout Attire; Design a Program Using the OPT Model** **Template** |

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