KINE 4970-002: Personal Training

**Spring Semester, 2014**

**Instructors:** Bill Jackson

Nick Drake

**Office:** Recreation and Wellness Center

**Office Phone:** (334) 844-0117

**Email:** [jackswi@auburn.edu](mailto:jackswi@auburn.edu)

[nrd0001@auburn.edu](mailto:nrd0001@auburn.edu)

**Class Time:** Tuesday and Thursday, 9:30am – 10:45am

**Location**: Coliseum 2116 and Recreation & Wellness Center

**Required text:** NASM Essentials of Personal Fitness Training, 4th Edition (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 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 and spotting techniques

5. Exhibit the communication and client interaction 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.

**COURSE REQUIREMENTS & GRADING POLICY**

**GRADING POLICY**Course grades will be determined on the following point system:

Activity/Requirement Points

Activity PoiTests 200

Quizzes 250

Presentation 25

Perfect Attendance Bonus 25

Earned Points Letter Grade

450 and above A

400 – 449 B

350 – 399 C

300 – 349 D

299 and below F

**You are required to:**

* Read the Chapters indicated on the Syllabus prior to attending class
* Complete all Quizzes/Assignments by the assigned date

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| --- | --- | --- | --- |
| **STUDY DAY** | **COMPLETION DATE** | **CHAPTER** | **ASSIGNMENT** |
| ***Introduction to the Optimum Performance Training Model*** | | | |
| Week 1 | 1/9/2014 | Discuss the Course Syllabus |  |
| Week 2 | 1/14/2014 | 1 – The Scientific Rationale for Integrated Training | Read Chapter 1 |
| ***Basic and Applied Sciences*** | | | |
| Week 2 | 1/16/2014 | 2 – Basic Exercise Science | Read Chapter 2 |
| Week 3 | 1/21/2014 | 2 – Basic Exercise Science  3 – The Cardiorespiratory System | Read Chapter 3 |
| Week 3 | 1/23/2014 | 4 – Exercise Metabolism & Bioenergetics  5 – Human Movement Science | Read Chapter 4  **Quiz #1, #2, #3 Due** |
| Week 4 | 1/28/2014 | 5 – Human Movement Science  Appendix D – Muscular System | Read Chapter 5 |
| ***Considerations in Nutrition*** | | | |
| Week 4 | 1/30/2014 | 17 – Nutrition | Read Chapter 17  **Quiz #4, #5 Due** |
| Week 5 | 2/4/2014 | 18 – Supplementation | Read Chapter 18 |
| ***Client Relations & Behavioral Coaching*** | | | |
| Week 5 | 2/6/2014 | 19 – Lifestyle Modification and Behavioral Coaching | **Quiz #17, #18 Due**  Read Chapter 19 |
| ***Professional Development, Practice & Responsibility*** | | | |
| Week 6 | 2/11/2014 | Norm Establishment/Team Building/Trust Activities | Location TBD |
| Week 6 | 2/13/2014 | 20 – Developing a Successful Personal Training Business | **Quiz #19, #20 Due**  Read Chapter 20 |
| ***Assessment*** | | | |
| Week 7 | 2/18/2014 | 6 – Fitness Assessment | Read Chapter 6 |
| Week 7 | 2/20/2014 | 6 – Fitness Assessment | ***Quiz #6 Due*** |
| Midterm | | | |
| Week 8 | 2/25/2014 | **MIDTERM REVIEW** | Come with Questions |
| Week 8 | 2/27/2014 | **MIDTERM EXAM** |  |
| ***Exercise Technique and Training Instruction*** | | | |
| Week 9 | 3/4/2014 | 16 – Chronic Health Conditions and Physical or Functional Limitations | Read Chapter 16 |
| Week 9 | 3/6/2014 | 15 – Intro. to Exercise Modalities  Group Presentation | Read Chapter 15 |
| **Spring Break** | | | |
| Week 10 | 3/11/2014 | **SPRING BREAK** |  |
| Week 10 | 3/13/2014 | **SPRING BREAK** |  |
| ***Exercise Technique and Training Instruction*** | | | |
| Week 11 | 3/18/2014 | 7 – Flexibility Training Concepts  Group Presentation | Read Chapter 7  **Quiz #16, #15 Due** |
| Week 11 | 3/20/2014 | 8 – Cardiorespiratory Fitness Training & Group Presentation | Read Chapter 8 |
| Week 12 | 3/25/2014 | 9 – Core Training Concepts  Group Presentation | Read Chapter 9 |
| Week 12 | 3/27/2014 | 10 – Balance Training Concepts  Group Presentation | Read Chapter 10  **Quiz #7, #8, #9 Due** |
| Week 13 | 4/1/2014 | 11 – Plyometric Training Concepts  Group Presentation | Read Chapter 11 |
| Week 13 | 4/3/2014 | 12 – Speed, Agility, and Quickness Training  Group presentation | Read Chapter 12 |
| ***Program Design*** | | | |
| Week 14 | 4/8/2014 | 13 – Resistance Training Concepts  Group Presentation | Read Chapter 13  **Quiz #10, #11, #12 Due** |
| Week 14 | 4/10/2014 | 14 – Integrated Program Design and the Optimum Performance Training (OPT) Model | Read Chapter 14 |
| Week 15 | 4/15/2014 | Small Group Training | **Quiz #13, #14 Due** |
| Week 15 | 4/17/2014 | Introduction to Auburn PT – Administrative Responsibilities/Risk Management |  |
| Week 16 | 4/22/2014 | **FINAL EXAM REVIEW** | Come with Questions |
| Week 16 | 4/24/2014 | **FINAL EXAM** |  |

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

**AU eValuate**

Students are encouraged to submit course evaluations through AU eValuate. Summer Semester evaluation dates will be announced in class.