KINE 3030-001:

Intro to Personal Training

Spring 2018

# **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 253

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

# **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

Activity PoiTests (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 may lose 1 point from their final grade per offense. Unexcused absences cannot be made up and may result in a 3 point deduction from the student’s final 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 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 exam will take place within two weeks from the time that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins. The format of the make-up exam 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.

# **Spring 2018 Calendar Dates**

January 10: classes begin

January 15: Martin Luther King Holiday

March 12-16: Spring Break

April 27: Last day of classes

April 30-May 4: Final Exam Period

May 5-7: Commencements

| **WEEK** | **DATE** | **CHAPTER** | **ASSIGNMENTS** |
| --- | --- | --- | --- |
| 1 | Jan 11 | Syllabus & Intro | Syllabus quiz open |
| 2 | Jan 16 | CH 1 Introduction to the Fitness Profession | Syllabus quiz dueCH 1 quiz open |
| 2 | Jan 18 | CH 2 Career Directions in Sport, Health, and Fitness | CH 1 quiz dueCH 2 quiz open |
| 3 | Jan 23 | CH 3 Disciplines of Functional Biomechanics | CH 2 quiz dueCH 3 quiz open |
| 3 | Jan 25 | CH 3 Disciplines of Functional Biomechanics & anatomy review |  |
| 4 | Jan 30 | CH 4 The Human Movement System in Fitness | CH 3 quiz dueCH 4 quiz open |
| 4 | Feb 1 | CH 4 The Human Movement System in Fitness |  |
| 5 | Feb 6 | CH 4 The Human Movement System in Fitness |  |
| 5 | Feb 8 | CH 5 Client-Based Nutrition Sciences | CH 4 quiz dueCH 5 quiz open |
| 6 | Feb 13 | CH 6 Concepts of Integrated Training | CH 5 quiz dueCH 6 quiz open |
| 6 | Feb 15 | CH 6 Concepts of Integrated Training | CH 6 quiz dueCH 7 quiz open |
| 7 | Feb 20 | CH 7 Navigating the Professional Fitness Environment | CH 6 quiz dueCH 7 quiz open |
| 7 | Feb 22 | CH 8 Client Acquisition and Consultations | CH 7 quiz dueCH 8 quiz open |
| 8 | Feb 27 | CH 9 Executing Formal Fitness AssessmentsMidterm study guide handed out | CH 8 quiz dueCH 9 quiz open |
| 8 | Mar 1 | Review for Midterm | CH 9 quiz due |
| 9 | Mar 6 | Midterm |  |
| 9 | Mar 8 | Out of classroom assignment |  |
| 10 | Mar 13/15 | SPRING BREAK |  |
| 11 | Mar 20 | CH 10 Initializing Program Design | CH 10 quiz open |
| 11 | Mar 22 | CH 14 OPT Model Everyday | CH 10 quiz dueCH 14 quiz open |
| 12 | Mar 27 | CH 11 OPT Model Stabilization | CH 14 quiz dueCH 11 quiz open |
| 12 | Mar 29 | CH 12 OPT Model Strength | CH 11 quiz dueCH 12 quiz open |
| 13 | Apr 3 | CH 13 OPT Model Power | CH 12 quiz dueCH 13quiz open |
| 13 | Apr 5 | CH 16 Behavior Change Strategies | CH 13 quiz dueCH 16 quiz open |
| 14 | Apr 10 | Special PopulationsAssign class presentations | CH 16 quiz dueSpecial Populations quiz open |
| 14 | Apr 12 | Work on presentations in class | Special Populations quiz open |
| 15 | Apr 17 | Class Presentation |  |
| 15 | Apr 19 | Class Presentations |  |
| 16 | Apr 24 | Final Exam Review |  |
| 16 | Apr 26 | Final Exam | Final Exam in class |

Project presentations: Students will be put into groups of 3-4 and given a mock client with their medical information and assessment paperwork. The students will make an 8-10 minute presentation 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 professor.