# KINE 3030-001:

# Intro to Personal Training

# Spring 2020

## 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 241

**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 |
| Tests (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 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.

## Spring 202 Calendar Dates

Jan 8: First day of classes

Jan 20: M.L. King Jr Day

Mar 9-13: Spring Break

Apr 27-May 1: Final Exam Period

May 2-4: Commencement

| **WEEK** | **DATE** | **CHAPTER** | **ASSIGNMENTS** |
| --- | --- | --- | --- |
| 1 | Jan 9 | Syllabus & Intro | Syllabus quiz open |
| 2 | Jan 14 | CH 1 Introduction to the Fitness Profession | Syllabus quiz due  CH 1 quiz open |
| 2 | Jan 16 | CH 2 Career Directions in Sport, Health, and Fitness | CH 1 quiz due  CH 2 quiz open |
| 3 | Jan 21 | CH 3 Disciplines of Functional Biomechanics | CH 2 quiz due  CH 3 quiz open |
| 3 | Jan 23 | CH 3 Disciplines of Functional Biomechanics & anatomy review |  |
| 4 | Jan 28 | CH 4 The Human Movement System in Fitness | CH 3 quiz due  CH 4 quiz open |
| 4 | Jan 30 | CH 4 The Human Movement System in Fitness |  |
| 5 | Feb 4 | CH 4 The Human Movement System in Fitness |  |
| 5 | Feb 6 | CH 5 Client-Based Nutrition Sciences | CH 4 quiz due  CH 5 quiz open |
| 6 | Feb 11 | CH 6 Concepts of Integrated Training | CH 5 quiz due  CH 6 quiz open |
| 6 | Feb 13 | CH 6 Concepts of Integrated Training |  |
| 7 | Feb 18 | CH 7 Navigating the Professional Fitness Environment | CH 6 quiz due  CH 7 quiz open |
| 7 | Feb 20 | CH 8 Client Acquisition and Consultations | CH 7 quiz due  CH 8 quiz open |
| 8 | Feb 25 | CH 9 Executing Formal Fitness Assessments | CH 8 quiz due  CH 9 quiz open |
| 8 | Feb 27 | CH 10 Initializing Program Design. Study guide handed out | CH 9 quiz due  CH 10 quiz open |
| 9 | Mar 3 | Review for Midterm | CH 10 quiz due |
| 9 | Mar 5 | Midterm |  |
| 10 | Mar 10, 12 | SPRING BREAK |  |
| 11 | Mar 17 | CH 11 OPT Model Stabilization | CH 11 quiz open |
| 11 | Mar 19 | CH 12 OPT Model Strength | CH 11 quiz due  CH 12 quiz open |
| 12 | Mar 24 | CH 13 OPT Model Power | CH 12 quiz due  CH 13quiz open |
| 12 | Mar 26 | CH 14 OPT Model Everyday | CH 13 quiz due  CH 14 quiz open |
| 13 | Mar 31 | CH 16 Behavior Change Strategies | CH 14 quiz due  CH 16 quiz open |
| 13 | Apr 2 | Special Populations | CH 16 quiz due  Special Populations quiz open |
| 14 | Apr 7 | Guest Speaker  Assign class presentations | Special Populations quiz due |
| 14 | Apr 9 | Work on presentations in class |  |
| 15 | Apr 14 | Class Presentations |  |
| 15 | Apr 16 | Class Presentations |  |
| 16 | Apr 21 | Final Exam Review |  |
| 16 | April 24 | FINAL EXAM |  |

Project presentations: Students will be put into groups of 3-4 and given a mock client with their medical history and assessment paperwork. The students will make a 5-10 minute presentation; providing information about the client and then 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 instructor.