# KINE 3031:001

# Introduction to Personal Training Lab

# Spring 2020

## Course Details:

**Office:** Auburn University Recreation and Wellness Center, 601 Heisman Drive

**Office Hours:** by appointment only

**Instructor & Email:** Laure Butcher, [llp0011@auburn.edu](mailto:llp0011@auburn.edu)

**Teaching Assist.:** Blake Butcher, [bjb0035@auburn.edu](mailto:bjb0035@auburn.edu) , Kyle Robertson, [kmr0073@auburn.edu](mailto:kmr0073@auburn.edu)

**Course days & times:** Wednesdays 12:30-3:00 pm

**Course location:** Personal Training Space of the Rec and Wellness Center

**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 |
| Program design assignments | 20 |
| Skill performance assessment | 20 |
| Attendance | 40 |
| Activities/ assignments | 10 |
| Final project: mock client | 10 |

|  |  |
| --- | --- |
| **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. Conduct a comprehensive fitness assessment; initial interview, physiological measurements, body composition, cardio-respiratory, dynamic posture, muscular endurance and strength and flexibility assessments

## 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.

## 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 2020 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 8 | NO CLASS |  |
| 2 | Jan 15 | Syllabus review & tour | Submit one question about fitness/wellness or profession. Due Jan 21 via Canvas. |
| 3 | Jan 22 | PT Profession |  |
| 4 | Jan 29 | Assessment training |  |
| 5 | Feb 5 | Assessment training |  |
| 6 | Feb 12 | Midterm: Assessment test-out | Track one week of your workouts. Due Feb 26 by 11am via Canvas. |
| 7 | Feb 19 | Muscles/bones exercises  Compensations/charts  NASM assessments |  |
| 8 | Feb 26 | NASM OPT model  Stabilization endurance, Strength endurance | Based on NASM OPT model, submit one workout for the stabilization endurance phase & one workout for the strength endurance phase |
| 9 | Mar 4 | NASM OPT model  Hypertrophy, Max Strength, Power | Based on NASM OPT model, submit one workout for the hypertrophy phase, one workout for the max strength phase |
| 10 | Mar 11 | SPRING BREAK |  |
| 11 | Mar 18 | Programming: warm-up/cool-down/stretching |  |
| 12 | Mar 25 | Programming: OPL |  |
| 13 | Apr 1 | Programming: body weight & creative exercises |  |
| 14 | Apr 8 | Final workout programming | Submit three workouts for your final client. Due Apr 15 on Canvas |
| 15 | Apr 15 | Final: Workout test-outs | Take client through 30 minute workout |