KINE 3031:001

Introduction to Personal Training Lab

Spring 2022

# **Course Details:**

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

**Office Hours:** by appointment only

**Instructor & Email:** Laure Butcher, llp0011@auburn.edu

**Teaching Assist.:** Blake Butcher, bjb0035@auburn.edu

**Course day & time:** Wednesdays 12:00-3:00 pm

**Course location:** OPL Space of the Rec and Wellness Center

**Required Text:** NASM Essentials of Personal Fitness Training 7th edition

**Class Requirement:** follow all statements and policies set forth by Auburn University

# **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

Attendance 40

Activity PoiProgram design assignments 20

Assessment test out 20

Mock client test out 20

Earned Points                                                                           Letter Grade

90 and above                                                                            A

89 – 80                                                                                     B

79 – 70                                                                                     C

69 – 60                                                                                     D

59 and below                                                                              F

# **Course Description**

The goal of this program is to prepare you for a long-lasting and fruitful career as a Certified Personal Trainer (CPT); regardless of your educational and career background. With this hands-on course, you’re given all of the tools and resources needed to become a successful fitness professional and positively impact your client’s health and wellness.

# **Course Objectives**

Upon successful completion of the course, students will be able to:

-Identify and adhere to applicable professional standards and codes of conduct including business and professional development practices.

-Recognize and apply exercise psychology and behavioral coaching techniques for a wide variety of clients.

-Identify concepts and structures of anatomy and physiology, and human movement science

-Select, perform, and interpret results from a client fitness assessment.

-Provide instruction and demonstrate proper exercise techniques for clients.

-Design client-specific exercise programs based on assessment results and client abilities

# **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.

**Face Covering Policy**

 In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times for unvaccinated students, faculty, and staff. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

 If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

**Diversity, Equity, and Inclusion**

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity, including but not limited to gender and gender expression, sexuality, disability, age, socioeconomic status, veteran status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. For example: - If your name or pronouns differ from your university records, please let me know so that I can correctly address you. - If any class activities conflict with your religious events, please let me know and we will make arrangements. Unfortunately, incidents of bias or discrimination (both intentional and unintentional) do occur, and they contribute to creating an unwelcoming environment. If something is said or done (by anyone) that makes you feel uncomfortable, I welcome you to talk to me about it. If you would prefer to remain anonymous, you can also submit a report of bias. Together, we are responsible for fostering an inclusive learning environment based on mutual respect.

**Title IX**

Auburn University is committed to providing a learning, working and living environment that promotes personal integrity, civility, and mutual respect in an environment free of discrimination on the basis of sex, which includes all forms of sexual misconduct. The Title IX Policy prohibits sexual harassment within education programs and activities, including the crimes of sexual assault, domestic/dating violence, and stalking. I am a “mandatory reporter” under the Title IX Policy and must report all relevant details (obtained directly or indirectly) about an incident of sexual harassment that involves a university student or employee, or that occurred on property owned or controlled by the University. You can obtain confidential support from many sources listed on Auburn’s Title IX website, including Safe Harbor (334-844-7233), Student Counseling Services (334-844-5123), Rape Counselors of East Alabama (334-705-0510), and Domestic Violence Intervention Center (334- 749-1515). To report an incident yourself, you are encouraged to submit via <https://cm.maxient.com/reportingform.php?AuburnUniv&layout_id=5>

# **Spring 2022 Calendar Dates**

January 12: First day of classes

January 17: MLK Jr. Holiday

March 7-11: Spring Break

April 29: Last day of classes

May 2-6: Final Exam Period

May 7-9: Commencements

| **WEEK** | **DATE** | **CHAPTER** |
| --- | --- | --- |
| 1 | Jan 12 | NO CLASS |
| 2 | Jan 19 | Syllabus review & tourPT Profession- meet in the Rec & Wellness Center lobby area |
| 3 | Jan 26 | Assessment prep(interview, height, Tanita, Blood Pressure) |
| 4 | Feb 2 | Assessment prep(3 min step test, curl-up, push-up, sit & reach) |
| 5 | Feb 9 | Assessment prep(circumference) |
| 6 | Feb 16 | Assessment test out(schedule test out for any time during this week) |
| 7 | Feb 23 | Muscles/bones exercisesCompensation charts |
| 8 | Mar 2 | Modality exercises (variations) |
| 9 | Mar 9 | Spring Break- no class |
| 10 | Mar 16 | Modality exercises (variations)  |
| 11 | Mar 23 | Programming: warm-up/cool-down/stretching |
| 12 | Mar 30 | Programming: body weight & creative exercises (progressions and regressions) |
| 13 | Apr 6 | Programming: final workout programming |
| 14 | Apr 13 | Mock client test out practice(schedule test out for any time during this week or next) |
| 15 | Apr 20 | Mock client test out  |