I. Course Description:

This course will prepare students for and lead toward the Certified Personal Trainer (CPT) credential. This course is a learn-by-doing, hands-on course that emphasizes practical knowledge and exercise theory necessary for the fitness professional practitioners.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

This course links with Stephen F. Austin’s initiative # 4 (e.g. Develop a learner centered environment). This course also links with Stephen F. Austin’s College of Education Goal and Initiative #2 (e.g. Prepare educators and industry professionals).

Program Learning Outcomes:

1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate and understanding of basic principles of physical fitness and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiological principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.

Student Learning Outcomes:

1. Students will be able to articulate a sound understanding of and appreciation for the benefits of physical activity and physical fitness. PLO # 2
2. Students will be able to explain, demonstrate, and implement practices and procedures that facilitate lifetime health and physical activity. PLO# 1, #2
3. Students will possess and be able to demonstrate practical skills in teaching, evaluating and motivating clients in healthy activities. PLO #4, #5
4. Students will be able to demonstrate skill in teaching, evaluating, and motivating clients in healthy physical activities. PLO #1, #2, #4
5. Students will demonstrate an understanding of physiological system interactions and the cause and effect phenomenon. PLO #1, #2
6. Students will be able to present clients with didactic materials so they understand and may help themselves live healthier lives. PLO #5
7. Students will be able to explain proper training techniques in compliance with safe

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

A variety of instructional activities will be used, including: lecture, discussion, videos, and demonstration. Personal interviews with coaches, as well as personal observations, library and Internet research reports will be a part of this course. In accordance with the "American Disabilities Act," an appropriate adjustment will be arranged for individuals with a disability that might prevent or eliminate them from participating in certain activities during the semester. It should be noted that students have an obligation to advise or disclose information to the instructor about their specific disability so that correct accommodation may be made.

IV. Evaluation and Assessments (Grading):

The student's course grade will be determined based on the following course activities, and weighted as indicated.

<table>
<thead>
<tr>
<th>COURSE ACTIVITIES</th>
<th>GRADE POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments (15) 4 pts</td>
<td>60</td>
</tr>
<tr>
<td>Lab manual lab assignments</td>
<td></td>
</tr>
<tr>
<td>Attendance (4) 10 pts</td>
<td>40</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>LAB ASSIGNMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan 22</td>
<td>Syllabus</td>
</tr>
<tr>
<td>2</td>
<td>Jan 29</td>
<td>Functional Anatomy / Muscle Physiology / Endocrine System</td>
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<tr>
<td></td>
<td>Date</td>
<td>Topic</td>
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<tr>
<td>3</td>
<td>Feb 5</td>
<td>Biomechanics / Bioenergetics</td>
</tr>
<tr>
<td>4</td>
<td>Feb 12</td>
<td>Cardiovascular Physiology / Physical Fitness and Health</td>
</tr>
<tr>
<td>5</td>
<td>Feb 19</td>
<td>Body Composition / Weight Management</td>
</tr>
<tr>
<td>6</td>
<td>Feb 26</td>
<td>Behavioral Modification Lecture</td>
</tr>
<tr>
<td>7</td>
<td>Mar 5</td>
<td>No Lab - TACSM</td>
</tr>
<tr>
<td>8</td>
<td>Mar 12</td>
<td>Spring Break</td>
</tr>
<tr>
<td>9</td>
<td>Mar 19</td>
<td>Pre-Exercise Screening &amp; Test Considerations / Assessment of Physical Fitness</td>
</tr>
<tr>
<td>10</td>
<td>Mar 26</td>
<td>Exercise Program Components / Programming for Cardiovascular Fitness</td>
</tr>
<tr>
<td>11</td>
<td>Apr 2</td>
<td>Resistance Training</td>
</tr>
<tr>
<td>12</td>
<td>Apr 9</td>
<td>Functional Training / In class training #1</td>
</tr>
<tr>
<td>13</td>
<td>Apr 16</td>
<td>Creating an Exercise program / In class training #2</td>
</tr>
<tr>
<td>14</td>
<td>Apr 23</td>
<td>In class training #3 &amp; #4</td>
</tr>
<tr>
<td>15</td>
<td>Apr 30</td>
<td>Course Evaluations</td>
</tr>
</tbody>
</table>

**VI. Readings (Required - including texts, websites, articles, etc.):**


4. Reading assignments will be made throughout the semester and correspond to the lecture topics.

**LiveText Statement:**

This course collects assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education, using the LiveText data management system. Students who do not have an existing LiveText account will receive an access code via your SFA Titan email within the first week of class. You will be required to register your LiveText account, and you will be notified how to register your account. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails. If you have questions about LiveText, call ext. 1267 or e-mail SFALiveText@sfasu.edu.

**VII. Course Evaluations:**

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

**VIII. Student Ethics and Other Policy Information:**

*Found at https://www.sfasu.edu/policies*

**Attendance and Excused Absence: Policy 6.7**

Attendance and participation, and, if indicated in the syllabus, submission of completed assignments are required at all times. Attendance assignments cannot be made up. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. University
travel, health or family emergencies, and legal obligations will be the only excused absences allowed (written documentation required for all. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Make up work must be completed as soon as possible after returning from an excused absence. No exceptions will be made for any of the above policies.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6**

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

**Student Academic Dishonesty: Policy 4.1**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

**Definition of Academic Dishonesty:**
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

**Penalties for Academic Dishonesty**

Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university

**Student Appeals**

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp
**Withheld Grades Semester Grades: Policy 5.5**

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which the WH is assigned, or the grade automatically becomes an F. If students register for the same course in future terms, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Student Code of Conduct: Policy 10.4**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.

**Additional Information:**

To complete Certification/Licensing Requirements in Texas related to public education, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.
2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at [www.texas.ets.org/registrationBulletin/](http://www.texas.ets.org/registrationBulletin/)). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.
3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.
For further information concerning this matter, contact Katie Snyder 936-468-1740 or snyderke1@sfasu.edu.

IX. Other Relevant Course Information:

Undergraduate Teacher Certification: The “Undergraduate Initial Teacher Certification Handbook” contains all policies and procedures related to undergraduate teacher certification. Teacher education candidates are responsible to know and understand the policies and procedures outlined in this handout. (http://www.sfasu.edu/education/departments/educatorcertification/docs/edcertundergrad_handbook.pdf)

Course Rationale:

Research indicates that daily health/fitness related behaviors determine the quality and longevity of our life. This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors. The practice of long-term positive health and fitness behaviors are essential to an individual’s physical, emotional, social, occupational, environmental, intellectual, and spiritual well-being.

Cell phone/laptops:

Cell phone use is not permitted during class; this includes texting, recording and/or picture taking. Laptops may be used for note taking only

Insurance:

It is strongly advised that each student carry health/accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course.

Classroom Policies:

1. Lab assignments are to be turned in at the beginning of the following class
2. Late work will not be accepted after the following week an assignment was due

Technical Support:

For D2L technical support, contact student support in the Office of Instructional Technology (OIT) at d2l@sfasu.edu or 936-468-1919. If you call after regular business hours or on a weekend, please leave a voicemail. For general computer support (not related to D2L), contact the Technical Support Center (TSC) at 936-468-HELP (4357) or at helpdesk@sfasu.edu.
To learn more about using D2L, visit SFA ONLINE at http://sfaonline.sfasu.edu, where you'll find written instructions and video tutorials.