DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCE
KIN 450-003 Personal Training Certification Preparation
Spring 2018

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Course Time and Location: MWF 12:00pm - 12:50pm – HPE 203
Office Hours: MWF: 10am-11am and M 1-2pm
Credits: 3 credit hour lecture

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 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 (PPP Standard 1).
2. The student will demonstrate an understanding of the 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 (PPP Standard 1, 2, 3, 4).
3. The student will apply knowledge of principles and stages of motor development (PPP Standard 4).
4. The student will demonstrate knowledge of kinesiological principles and content (PPP Standard 1, 2, 3, 4).

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, PPP Standard 1.
2. Students will be able to explain, demonstrate, and implement practices and procedures that facilitate lifetime health and physical activity. PLO #1 #2, PPP Standard 1, 3.
3. Students will possess and be able to demonstrate practical skills in teaching, evaluating and motivating clients in healthy activities. PLO #4 #5, PPP Standard 1, 2, 3, 4.
4. Students will be able to demonstrate skill in teaching, evaluating, and motivating clients in healthy physical activities. PLO #1 #2 #4, PPP Standard 1, 2, 3, 4.
5. Students will demonstrate an understanding of physiological system interactions and the cause and effect phenomenon. PLO #1 #2, PPP Standard 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, PPP Standard 3, 4.
7. Students will be able to explain proper training techniques in compliance with safe, professional practices. PLO #1, PPP Standard 2, 3, 4.

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 and observation hours will also be a part of this course. Extra credit quizzes will be given throughout the semester. There will be NO make-ups for extra credit quizzes.

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.

Activities: There will be three exams throughout the semester, a project where the student will create a 12-week exercise prescription for an individual, a 10-hour job shadow experience, and a cumulative final exam.

IV. Evaluation and Assessments:

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

1. Exam (100 points each)
   - Exam 1- Chapter 1: Functional Anatomy
     Chapter 2: Biomechanics
     Chapter 3: Muscle Physiology
     Chapter 4: Endocrine System
     Chapter 5: Bioenergetics
2. **Personal Training Project** (100 points) - create a 12-wk exercise prescription for an individual.

3. **Job Shadow Experience** (50 points) - obtain ten hours job shadowing a personal training, strength coach, physical therapist or other **PRE-APPROVED** professional.

4. **Practical Exercise Training Session** (50) - The student will be required to “train” a fellow student in an exercise of choice. The “trainer” will be expected to demonstrate the exercise with proper form, explain the exercise, what muscle groups the exercise utilizes, as well as explain and demonstrate sets/reps, and show proper spotting technique.

5. **Final Exam** (100 points) - Cumulative exam. ALL Chapters

**Grading Scale:**

- A = 540 +
- B = 539-480
- C = 479-420
- D = 419-360
- F = 359 and below

**Methods of Instruction:**
The course syllabus, course assignments, email, and grades will be available on the Desire2Learn (D2L) as well as in class.

### V. Tentative Course Outline/Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic:</th>
<th>Due:</th>
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<tbody>
<tr>
<td>1</td>
<td>January 17, 19</td>
<td>Syllabus &amp; Introductions, (Introduce Training Project Guidelines)</td>
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<tr>
<td></td>
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<td>Chapter 1: Functional Anatomy</td>
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<td>2</td>
<td>January 22, 24, 26</td>
<td>Chapter 2: Biomechanics, Chapter 3: Muscle Physiology</td>
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<tr>
<td>3</td>
<td>January 29, 31, Feb 2</td>
<td>Chapter 4: Endocrine System, Chapter 5: Bioenergetics (Introduce Training Project Guidelines)</td>
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<td>4</td>
<td>February 5, 7, 8</td>
<td>Chapter 6: Cardiovascular Physiology, Exam 1</td>
<td>EXAM 1 (D2L) 2/9/18 NO CLASS - EXAM DUE BY 11:59pm</td>
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<td>5</td>
<td>February 12, 14, 16</td>
<td>Chapter 10: Body Composition, Chapter 11: Weight Management</td>
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<td>6</td>
<td>February 19, 21, 23</td>
<td>Chapters 7, 8, 9: Nutrition</td>
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<td>7</td>
<td>February 26, 28, Mar 2</td>
<td>Chapter 12: Physical Fitness &amp; Health, Exam 2</td>
<td>EXAM 2 (D2L) 3/2/18 NO CLASS - EXAM DUE BY 11:59pm</td>
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<td>8</td>
<td>March 5, 7, 9</td>
<td>Chapter 13: Pre-Exercise Screening &amp; Test Considerations, Chapter 14: Assessment of Physical Fitness</td>
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<td>9</td>
<td>March 12, 14, 16</td>
<td><strong>SPRING BREAK</strong></td>
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| 10 | March 19, 21, 23 | Chapter 15: Exercise Programming Components  
Chapter 17: Programming for Cardiovascular Fitness |  
Chapter 18: Anaerobic Training  
Exam 3  
EXAM 3 (D2L) 3/28/18  
NO CLASS- EXAM DUE BY 11:59pm  
No Class 3/30 in observance of Good Friday |
| 11 | March 26, 28, 30 |  
Chapter 19: Resistance Training Techniques  
Chapter 20: Functional Training Concepts  
Practical Training Test – 4/18/18 & 4/20/18 |
| 12 | April 2, 4, 6 | Practical Exercise Training Practice  
Chapter 19: Resistance Training Techniques  
Chapter 20: Functional Training Concepts  
Practical Training Test – 4/18/18 & 4/20/18 |
| 13 | April 9, 11, 13 | Practical Exercise Training Practice  
Chapter 20: Functional Training Concepts  
Practical Training Test – 4/18/18 & 4/20/18 |
| 14 | April 16, 18, 20 | Practical Training Practice  
Practical Training Test  
OBSERVATION HOURS DUE AT THE BEGINNING OF CLASS - 4/30/18  
TRAINING PROJECT DUE AT THE BEGINNING OF CLASS - 4/30/18 |
| 15 | April 23, 25, 27 | Chapter 21: Creating an Exercise Program  
Chapter 23: Ethics and Professional Behavior  
OBSERVATION HOURS DUE AT THE BEGINNING OF CLASS - 4/30/18  
TRAINING PROJECT DUE AT THE BEGINNING OF CLASS - 4/30/18 |
| 16 | April 30, May 2, 4 | Course Wrap-Up  
Review for Final Exam |
| 17 | May 7 | FINAL EXAM (D2L- No class, exam due by 11:59PM) |

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

**Required:**


(This will be used for the lab portion of class)

VII. **Course Evaluations:**

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. 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 PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!” In the Perkins 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

Class Attendance and Excused Absence: Policy 6.7

Attendance will be taken the first 12 days of class. Students must be present and participate those days to be counted as present for Financial Aid purposes. There will be no grades associated with attendance. Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

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, 936-468-3004 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:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- 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 one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one's paper or presentation without giving the author 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).

Withheld Grades: Policy 5.5

At the discretion of the instructor of record and with the approval of the academic unit head, 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 they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, 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. 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 policy 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
Additional Information:

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, 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:

Upon the conclusion of this class, students will be prepared to sit for the NCSF Certified Personal Trainer exam, and will be able to take the exam at a discounted rate.

Classroom Behavior:

Please be respectful of others, and their opinions.

Please be ON TIME to class.

Late assignments will be accepted within 24 hours of the due date for a maximum of half credit.

Exams will not be reopened unless the student missed the exam due to university-accepted circumstances.

Disruptive classroom behavior will not be tolerated and you will be asked to leave.

Please refrain from packing up your materials toward the end of class while I am still talking to the class.

This syllabus is tentative and may be revised throughout the semester. If there is a change to the syllabus the students will be notified in class and/or through D2L.