Department of Kinesiology and Health Science  
KINE 4150.022 Personal Training Certification Prep Lab  
Fall 2020

Instructor: Katie Jankevicius  
Course Time & Location: Tuesday 12:30-1:45  
Shelton Gym 242
Office: EDAN 115  
Office Hours: M 1:30-3:00, R 12:30-2:00
Credits: 1  
Email: jankevicke@jacks.sfasu.edu

Prerequisites: Senior Level Classification

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. KINE 4150L “Personal Training Preparation LAB” (1 credits) meets once each week (Tuesday) in 75-minute segments for 15 weeks. Students have weekly lab activities and assignments that coincide with the information and chapters discussed in the lecture class. The students are expected to perform activities that range from human anatomy to health and fitness testing protocols. Each lab assignment/activity is mandatory and worth points toward the total and final grade for the lecture and lab combined. Outside work consists of weekly studying for the assignments or outside lab assignments. These activities average at a minimum 3 hours of work each week to prepare outside of classroom hours. James I. Perkins College of Education is committed to a diverse learning environment and the Diversity Statement can be found at http://coe.sfasu.edu/about-us/.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes): This course links parts of the SFA initiative and COE’s Goals and Initiatives that support and learner-centered environment and allows for additional opportunities that allow for engaging experiences. This course also helps to prepare educators and industry professionals for possible future experiences.

Program Learning Outcomes:
1. The student will identify and analyze critical components of physical movements
2. The student will demonstrate an understanding of the basic concepts of physical fitness and the ability to use available technology to assess 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 principles and concepts as it relates to kinesiology

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 safety measures
III. Labs: Evaluation of knowledge will consist of 10 laboratory assignments (100 points total). Some labs require physical activity and appropriate clothing is necessary (i.e., athletic clothing and tennis shoes). All students are expected to participate. Labs will either be completed in person or will be due at the beginning of the next lab session.

Make Up Labs/Quizzes: If a student has to miss a lab, prior arrangements must be made in critical cases. If a student is absent on lab day, he/she will earn a zero. Labs cannot be turned in that the student was not present for.

IV. Evaluation and Assessments (Grading): Each lab is worth a total of 10 points. With 10 lab assignments, the total points will form to be 100 points. An average score will be calculated from the 100 available points. Participation is REQUIRED and is part of the lab grade each week. Failure to participate actively may cause a loss of points.

Grades:
Total points =100
Labs: 10 Labs worth 10 points each = 100 Points

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>8/25</td>
<td>NO LAB</td>
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<tr>
<td>2</td>
<td>9/1</td>
<td>Syllabus/Lab 1: Muscles and Joints</td>
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<tr>
<td>3</td>
<td>9/8</td>
<td>Lab 2: Levers, Planes and Movements, Anatomy of the Heart</td>
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<td>4</td>
<td>9/15</td>
<td>Lab 3: Upper Body Research</td>
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<td>5</td>
<td>9/22</td>
<td>Lab 4: Upper Body Presentation</td>
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<td>6</td>
<td>9/29</td>
<td>Lab 5: Health Appraisal and Screening Protocols</td>
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<tr>
<td>7</td>
<td>10/6</td>
<td>Lab 6: Fitness Testing Practice (BP, HR)</td>
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<tr>
<td>8</td>
<td>10/13</td>
<td>Lab 7: Fitness Testing Practical (BP, HR)</td>
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<tr>
<td>9</td>
<td>10/20</td>
<td>Lab 8: Fitness Testing Practice (Flexibility, Body Composition)</td>
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<tr>
<td>10</td>
<td>10/27</td>
<td>Lab 9: Fitness Testing Practical (Flexibility, Body Composition)</td>
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<td>11</td>
<td>11/3</td>
<td>Lab 10: Fitness Testing Practice (Muscular Strength/Endurance, Cardiorespiratory)</td>
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<td>12</td>
<td>11/10</td>
<td>Lab 11: Fitness Testing Practical (Muscular Strength/Endurance, Cardiorespiratory), Lowe Body Research</td>
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<td>13</td>
<td>11/17</td>
<td>Lab 12: Lowe Body Presentation</td>
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<td>14</td>
<td>11/24</td>
<td>NO LAB: THANKSGIVING BREAK</td>
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<td>15</td>
<td>12/1</td>
<td>TBD</td>
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VI. Readings (Required and recommended—including texts, websites, articles, etc.):
Students will be required to prepare the lab prior to the beginning of lab, however no text is required but is strongly recommended to use lecture texts to aid in preparing for lab.

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 http://www.sfasu.edu/policies/

Class Attendance and Excused Absence: Policy 6.7

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 (including the first 12 day attendance report) 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. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

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;
- 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;
- 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 by the deadline set by the instructor of record, not to exceed 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., Military Service Activation (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
Disruptive Behavior—Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter's ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. 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 Early Alert Program at SFA.

Masks (cloth face coverings) must be worn over the nose and mouth at all times in this class and appropriate physical distancing must be observed. Students not wearing a mask and/or not observing appropriate physical distancing will be asked to leave the class. All incidents of not wearing a mask and/or not observing appropriate physical distancing will be reported to the Office of Student Rights and Responsibilities. Students who are reported for multiple infractions of not wearing a mask and/or not observing appropriate physical distancing may be subject to disciplinary actions.


Code of Ethics for the Texas Educator:
The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas
educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.


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

1. Candidates must undergo a criminal history background check prior to clinical teaching and prior to employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual’s self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification. You are eligible to request a Preliminary Criminal History Evaluation if:

- You enrolled or planning to enroll in an educator preparation program or
- You are planning to take a certification exam for initial educator certification, and
- You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.

In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation. Additional information can be found at https://tea.texas.gov/Texas_Educators/Investigations/Preliminary_Criminal_History_Evaluation-FAQs/.

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 http://www.tx.nesinc.com/PageView.aspx?f=GEN_Tests.html. 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, contact the Office of Assessment and Accountability at 936-468-1282 or edprep@sfasu.edu.