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. A $10.00 lab fee will be required for this course and will be applied to your eBill through mySFA.

KIN 450L “Personal Training Preparation LAB” (1 credits) typically meets once each week (Monday-Thursday) 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.

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.
**Assignments:** 10 points each  
**Total:** 100 points possible

## 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>1/20</td>
<td>NO LAB – Martin Luther King Jr. Holiday</td>
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</table>
| 2    | 1/27  | Syllabus  
Lab 1 - Muscles and Joints  
Lab 2 – Levers, Planes, and Movements  
Anatomy of the Heart |
| 3    | 2/3   | Lab 3 - Upper Body Research |
| 4    | 2/10  | Lab 4 - Upper Body Presentation |
| 5    | 2/17  | NO LAB - TACSM |
| 6    | 2/24  | Lab 5 - Health Appraisal and Screening Protocols |
| 7    | 3/2   | Lab 6 - Fitness Testing Practice (BP, HR) |
| 8    | 3/9   | NO LAB – Spring Break |
| 9    | 3/16  | Lab 7 - Fitness Testing Practical (BP, HR) |
| 10   | 3/23  | Lab 8 - Fitness Testing Practice (Flexibility, Body Composition) |
| 11   | 3/30  | Lab 9 - Fitness Testing Practical (Flexibility, Body Composition) |
| 12   | 4/6   | Lab 10 - Fitness Testing Practice (Muscular Strength/Endurance, Cardiorespiratory) |
| 13   | 4/13  | Lab 11 - Fitness Testing Practical (Muscular Strength/Endurance, Cardiorespiratory) / Lower Body Research |
| 14   | 4/20  | Lab 12 – Lower Body Presentation |
| 15   | 4/27  | TBD |
| 16   | 5/4   | Finals Week |

*Schedule subject to change*
VI. Readings (Required - including texts, websites, articles, etc.):

ACSM's Resources for the Personal Trainer, 5th Ed. Lippincott, Williams & Wilkins,
ISBN: 9781496322890 (recommended to bring your textbook to lab)

LiveText Statement:

This course uses the LiveText/Watermark data management system to collect critical 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. Students who do not have an existing LiveText/Watermark account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText/Watermark account, and you will be notified how to do this via email. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText/Watermark registration, please be sure to check your junk mail folder and your spam filter for these e-mails.

If you have questions about obtaining or registering your LiveText/Watermark account or any technical questions, call 936-468-2395 or e-mail LiveText@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText/Watermark system may result in course failure.

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

If missing a lab, prior arrangements must be made in critical cases. If a student is absent on lab day, he/she will be earn a zero. You may not turn in a lab you were not present for. In the event of an excused
absence, students may attend another lab section PER APPROVAL from the instructor.

Attendance and participation are required and expected. As this course is designed to apply physiological theories to real world scenarios, your presence in class is essential to your understanding of these processes. University travel and legal obligations will be the only excused absences allowed (written documentation required). **No exceptions will be made for any of the above policies.**

Make-up work is not accepted for unexcused absences, resulting in loss of points from missing assignment grades. Arriving late to class and early departure is unacceptable. Students arriving late MUST check in with the instructor or they will be counted absent. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with excused absences may be permitted to make up work for up to **1 week** depending on the nature of absence and the work missed. 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 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.texes.ets.org/registrationBulletin/
<http://www.texes.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/edcertundergra
d_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.

General Classroom Civility:

Students should be respectful of the instructor and other students during class time. Please do not
interrupt your classmates or the instructor when they are speaking, and do not talk when
someone else is talking. Students will not be allowed to read the newspaper, complete work from
other classes, talk to their neighbors, sleep during class, or engage in other activities that are
distracting to the instructor or other students. Any student found violating this code of conduct
will be asked to leave the classroom and will be given an unexcused absence for the class period.

**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. or 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.