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.

Course Justification

KINE 4350 “Personal Training Preparation” (3 credits) typically meets twice each week (Tuesday/Thursday) online via D2L and Face to Face in up to 75-minute segments for 16 weeks. Students have weekly chapter reading assignments and mandatory practical testing practice in the HPE building each week. The students are expected to take three general exams throughout the semester and a final examination. Each student is to prepare one exercise to “train” another classmate in a practical test. There are four practical tests within the semester. Outside work and assignments consist of reading the assigned chapters, studying for exams, practicing for practical tests, and 10 hours of observation within a health professional field of their choice. These activities average at a minimum 6 hours of work each week to prepare outside of classroom hours.

Diversity Statement

The James I. Perkns College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

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 demonstrate and understanding of the physiological principles of exercise.
2. The student will be prepared to pass state/national accredited certifications.
3. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.

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 opportunities will be given throughout the semester. There will be NO make-ups for missed course work.

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, practical training sessions where students will engage in mock training sessions, a 10-hour job shadow experience, and a cumulative final exam.

This course may include instructional time that is delivered asynchronously. Examples of asynchronous instruction may include (but are not limited to): written content, video content, discussions, case studies, synthesis exercises, reflection activities, peer review, and skills practice.

IV. Evaluation and Assessments:

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

1. 3 exams (100 points each)
   - **Exam 1** - Chapter 3: Anatomy and Kinesiology
     Chapter 4: Biomechanical Principals of Training
     Chapter 5: Exercise Physiology
   - **Exam 2** - Chapter 13: Comprehensive Program Design
     Chapter 14: Resistance Training Programs
     Chapter 10: The Initial Consultation
     Chapter 11: Preparticipation Physical Activity Screening Guidelines
   - **Exam 3** - Chapter 12: Client Fitness Assessments
     Chapter 15: Cardiorespiratory Training Programs
     Chapter 17: Functional Movement

2. Observation Hours (50 points) - obtain ten hours job shadowing a personal training, strength coach, physical therapist or other PRE-APPROVED professional.

3. Practical Test (4/50 points each) (200 points total) - The student will be required to "train" a fellow student on an exercise which has been practiced. 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.

4. MANDATORY ATTENDANCE for Practical Exercise Training Practice (10/10 points each) (100 points total)

5. TOTAL POINTS: 650

**Grading Scale:**

- A = 90% and above
- B = 80% - 89.9%
- C = 70% - 79.9%
- D = 60% - 69.9%
- F = 59.9% 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>Location/Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>29-Aug</td>
<td>Syllabus &amp; Introduction: Mandatory Attendance (1)</td>
<td>SGYM 203</td>
</tr>
<tr>
<td></td>
<td>31-Aug</td>
<td>Ch. 3: Anatomy and Kinesiology - ACTIVITY</td>
<td>SGYM 203</td>
</tr>
<tr>
<td>2</td>
<td>5-Sept</td>
<td>Ch. 4: Biomechanical Principals of Training</td>
<td>Online</td>
</tr>
<tr>
<td></td>
<td>7-Sept</td>
<td>Ch. 5: Exercise Physiology</td>
<td>SGYM 203</td>
</tr>
<tr>
<td>3</td>
<td>12-Sept</td>
<td>Ch. 13: Comprehensive Program Design</td>
<td>SGYM 203</td>
</tr>
<tr>
<td></td>
<td>14-Sept</td>
<td>Fitness Orientation: Mandatory Attendance (2)</td>
<td>Weight Room</td>
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<tr>
<td></td>
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<td>Exercise Training Rubric</td>
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<td></td>
<td>Effective Communication and Cueing: Article – video discussion intro</td>
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<td></td>
<td></td>
<td>Intro to bodyweight movement and strength training machines</td>
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<td></td>
<td></td>
<td>EXAM 1 (D2L) DUE 9/17 BY 11:59PM</td>
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<tr>
<td>4</td>
<td>19-Sept</td>
<td>Ch. 14: Resistance Training Programs</td>
<td>Online</td>
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<td></td>
<td>21-Sept</td>
<td>Practical Training Practice #1 - Upper Body - Mandatory Attendance (3)</td>
<td>Weight Room</td>
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<tr>
<td>5</td>
<td>26-Sept</td>
<td>Practical Training Practice #2 - Upper Body - Mandatory Attendance (4)</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>28-Sept</td>
<td>Ch. 10: The Initial Consultation</td>
<td>SGYM 203</td>
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<td>Practical test #1 (sign up)</td>
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<td>6</td>
<td>3-Oct</td>
<td>Practical Training Test #1 - Upper Body Group 1</td>
<td>Weight Room</td>
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<td></td>
<td>5-Oct</td>
<td>Practical Training Test #1 - Upper Body Group 2</td>
<td>Weight Room</td>
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<tr>
<td>7</td>
<td>10-Oct</td>
<td>Ch. 11: Pre-participation Physical Activity Screening Guidelines</td>
<td>SGYM 203</td>
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<tr>
<td></td>
<td>12-Oct</td>
<td>Practical Training Practice #3 - Lower Body - Mandatory Attendance (5)</td>
<td>Weight Room</td>
</tr>
<tr>
<td>8</td>
<td>17-Oct</td>
<td>Practical Training Practice #4 – Lower Body - Mandatory Attendance (6)</td>
<td>Weight Room</td>
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<td></td>
<td>19-Oct</td>
<td>Ch. 12: Client Fitness Assessments</td>
<td>SGYM 203</td>
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<td>Practical test #2 (sign up)</td>
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<td>9</td>
<td>24-Oct</td>
<td>Practical Training Test #2 - Lower Body (Group 1)</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>26-Oct</td>
<td>Practical Training Test #2 - Lower Body (Group 2)</td>
<td>Weight Room</td>
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<tr>
<td>10</td>
<td>31-Oct</td>
<td>Ch. 17: Functional Movement</td>
<td>Online</td>
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<td></td>
<td>2-Nov</td>
<td>Practical Training Practice #5-Functional Movement-Mandatory</td>
<td>Weight Room</td>
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<tr>
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<td></td>
<td>Attendance (7)</td>
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<tr>
<td>11</td>
<td>7-Nov</td>
<td>Ch. 15: Cardiorespiratory Training Programs</td>
<td>SGYM 203</td>
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<tr>
<td></td>
<td>9-Nov</td>
<td>Practical Training Practice #6-Functional Movement-Mandatory</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td></td>
<td>Attendance (8)</td>
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<tr>
<td></td>
<td></td>
<td>Practical test #3 (sign up)</td>
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<tr>
<td>11</td>
<td>14-Nov</td>
<td>Practical Training Test #3 - Functional Movement Group 1</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>16-Nov</td>
<td>Practical Training Test #3 - Functional Movement Group 2</td>
<td>EXAM 3 (D2L) DUE 11/19 BY 11:59PM</td>
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<tr>
<td>12</td>
<td>21/23-Nov</td>
<td>No class – Thanksgiving Holiday</td>
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<tr>
<td>13</td>
<td>28-Nov</td>
<td>Practical Training Practice #7 – Any Exercise – Mandatory Attendance (9)</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>30-Nov</td>
<td>Practical Training Practice #8 - Any Exercise - Mandatory Attendance (10)</td>
<td>Weight Room</td>
</tr>
<tr>
<td>14</td>
<td>5-Dec</td>
<td>Practical Training Test #4 – Any Exercise Group 1</td>
<td>Weight Room</td>
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<tr>
<td></td>
<td>7-Dec</td>
<td>Practical Training Test #4 – Any Exercise Group 2</td>
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<tr>
<td>15</td>
<td>12-Dec</td>
<td>Final Exam</td>
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<tr>
<td></td>
<td>14-Dec</td>
<td>Final Exam</td>
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</tr>
</tbody>
</table>

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

**Required:**


**VII. Course Evaluations:**
Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses (the teaching itself and the content/assignments) 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 (full-time and part-time) annual evaluation processes, 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 summarized data will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Policy

Academic Integrity (4.1)
The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the text paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a p

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.

If notice is not given for an excusable absence and the student misses an exam, (Example: University Excuse or Doctor’s note) that student WILL NOT be allowed to make it up.

Students with Disabilities

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 / 468-1004 (TDD) 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 promptly 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; 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 for Internet or another source; and/or
  - Incorporating the words or ideas of an author into one’s paper or presentation without giving 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 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 coursework 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. 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 to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

Student Code of Conduct: Policy 10.4

Disorderly conduct including but not limited to: (a) disruption or Interference of Students, faculty, administration, staff, the educational mission, or routine operations of the University. (b) Commercial solicitation on campus or with University resources without prior approval from University officials. (c) Failure to comply with a reasonable and lawful request or directive of University Officials. (d) Facilitation of Student misconduct including but not limited to assisting, conspiring, soliciting, or encouraging others to engage in conduct which violates the Student Code of Conduct. More information on Student Code of Conduct can be found at https://www.sfasu.edu/policies/student-code-of-conduct-10.4.pdf.

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.

Student Wellness and Well-Being

SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:

The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/human services/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
Wellness Coaching
Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741