

Spring 2022 CUESTA COLLEGE DEPARTMENT OF Kinesiology
KINE 224 Personal Training Certification Preparation
Class meets face to face, T, Th 9:30-10:20 (rm 1100) and 10:30-11:50 (wt room, 1200)

INSTRUCTOR: Nancy Steinmaus, M.A. Exercise Physiology, ACSM ETT, NASM CPT certified
EMAIL: nsteinma@cuesta.edu Kinesiology phone is 805-546-3100 x 3207
PHONE: 805 592-9911 do not leave msg. cell: Nancy will give you her cell number in class!

Student Hours:

Starting first week of classes **In person face to face office hours:**

- **M, W 8:35-8:45 am 1317 (my office)**
- **M,W 10:20-10:50 starting in rm 1100 and migrating to 1317**
- **T, Th 9:00-9:15 rm 1317 (my office) then 9:15-9:30 am rm 1100**

Zoom (Virtual) Student hours Mon. and Wed. (starting first week of classes) 10:50-11:05 link below

Online "Student Hour" Zoom link: <https://cccconfer.zoom.us/j/94204283237>

or by apmt. My listed office hours are right before or after my classes.

REQUIRED TEXTBOOK:

1. **ACSM'S Resources for the Personal Trainer most current edition 6th ed is now out. Hargens et. al.**
2. ACSM's Guidelines for Exercise Testing and Prescription (9th Edition) or most current edition (If you are certain you will certify w ACSM, you need this. If you are uncertain, you can wait, as everything in this guideline is also in book)
3. Optional: ACSM's Certification Review

Recommended if considering certifying with NASM: Clark, M.A., Lucett, S.C. et. al. (2018) or most recent edition NASM Essentials of Personal Fitness Training (6th Ed.), Baltimore: Lippincott, Williams & Wilkins.

Optional, highly recommended: Strength Training Anatomy-3rd Edition by Delavier, Frederic

Books may be on 2 hr. reserve at the library. Further, Nancy may have copies of some editions to loan, inquire with Nancy.

COURSE DESCRIPTION:

Presents the principles of fitness training and its application to personal training for the health and fitness professional. Upon completion of this course, the student will be prepared to take the American College of Sports Medicine Certified Personal Trainer certification exam. *Transfer: CSU*

The course will introduce a scientific approach to exercise program design and implementation. The student will master the concepts and procedures necessary to understand, develop, and implement comprehensive exercise programs for all populations. The laboratory portion of the course presents techniques in assessment, skills, and strategies in multiple aspects of fitness training, and injury prevention.

Instructor will be presenting multiple models: Primary is American College of Sports Medicine (ACSM.) Additionally, instructor will expose students to National Academy of Sports Medicine (NASM). Both models share many concepts.

Expanded OBJECTIVES:

- Analyze and evaluate assessments to determine a client's readiness for exercise as well as appropriate program
- Define and describe the importance of periodization

- Design a comprehensive fitness program that includes muscular strength and endurance, flexibility, cardio-respiratory, and core training to meet individual client needs
- Develop motivational and behavior modification strategies to improve physical activity, healthy weight, and nutritional awareness
- Preparation for either ACSM (or possibly NASM) personal training certification test
(neither Cert. test is administered by Cuesta, you must contact specific organization to apply for their cert. test)

STUDENT LEARNING OUTCOMES:

- Formulate a comprehensive, integrated training program by synthesizing the scientific based model and programming presented by the American College of Sports Medicine.
- Identify and differentiate between normal and special populations and apply exercise, nutrition, and psychological principles to assist clients in attaining health goals.
- Demonstrate proper technique of fitness assessments and exercises and be able to physically and orally explain each to clients.
- Demonstrate the knowledge and capabilities to pass the American College of Sports Medicine Certified Personal Trainer (CPT) exam.
- Present current research-based and theoretical information related to the scope and practice and Job Task Analysis (JTA) recommendations established by the American College of Sports Medicine for their ACSM Certified Personal Trainer credential.

CLASS Attendance, Participation and DROPPING POLICY:

Attendance is required. There is a strong correlation between attendance, success and grade. Being late or leaving early may result in point deductions. Frequent absences, frequent tardy, frequent leave-early may result in further point deductions. Instructor discretion to drop students with over 4 absences.

It is imperative that you bring your book to every class and lab! In order to master the academic concepts and practical skills necessary to be a personal trainer, it is very important that you attend class regularly, on time, and remain to the end! The lectures and interactions in class and lab, will enable you to fully grasp and apply the concepts of ACSM (and NASM models). Your participation grade is based on attendance, effort, and contributions in class. It is your responsibility to find out what you missed if you are absent. There is a strong correlation between success in this class and superb attendance. Students have complex lives. Accept that if you have attendance challenges, it is YOUR choice and you have chosen to compromise your education. (which is ok, if you are accountable to yourself!)

COURSE OUTLINE:

The class will be broken down into sections (some sections are sub-divided). This is the TENTATIVE time line which is adjusted to meet student progress.

Sections or chapters from book will be followed by a test and/or demonstration or assignment of the skills pertinent to each section. How sections and chapters are clustered may be altered to meet the needs of the class and to best prepare for the possibility of certification. See course outline above for which tests will be timed and which are untimed.

Final is timed.

GRADING breakdown follows: 90-100% = A, 80-89% = B, 68-79% = C, 58-67% = D, below 58% = F. Scale may be curved at

instructor's discretion. (+, - instructor discretion when extra credit is a determining factor in raising a grade and/or there are frequent attendance or missing/late assignment issues)

These point totals are approximate.

Chapter/section tests:	240 pts (~ 8 exams, timed and untimed tests and/or take home and in-class tests.)
Lab:	105 pts (demonstration, assessments, data sheet, muscle quiz, worksheets, participation.)
Practice Client:	100 pts (personal training program for practice client)
Final exam:	100 pts (cumulative. <i>Taken during finals week May 18-19-20 (2 hour time limit)</i> If you decide to take the real cert test before grades are due, you may substitute that. Passing the cert test would equate to getting an A on the final as well as earning extra credit in the class. Consult with Nancy
Participation/attendance:	100 points
Total points	645 points (approximate)

General course and academic information:

- I will communicate with you frequently via Canvas. You must check your account several times a week! This is critical!
- Lecture power points are posted in Canvas. You may print out ahead or review later.
- Late work or make-ups are at the discretion of instructor. Late work will have points deducted. Stay on top of your work!
- Cell phones, electronic media distractions, etc. - need to be powered down while in class unless instructor gives explicit permission.

Disability Statement

If you are a student with a verified disability, please make an appointment to discuss with me (instructor) your needs for accommodation as soon as possible.

If you are a Veteran, please contact Karen Andrews, Cuesta College's VA Certifying Official - 546-3142. The Veteran Center is in room 6903. The Vet. Center hours are Mon. - Thurs. 9:00am to 4:00pm.

College life can compound other issues in one's life. If you are feeling overwhelmed and feel you need help to maintain your personal balance – please contact our counseling center at 546-3138.

Statement on Withdrawal **

The drop without a "W" date is the day before the first census date or **Jan 31, 2021**. Students who drop after the "drop without a W date" will receive a W on their transcript. This W is the same as a substandard grade and will count towards how many times a student can repeat a class to alleviate a substandard grade, withdraw with a "W" is **April 18, 2021**.

Nancy ASSUMES honesty is the norm. Integrity is valued by many but in THIS field, it is a critical quality. The personal training field and related fields have trust as a foundation for the client and the professional. Additionally, academic honesty is essential to the academic community. Students who violate these principles by acting in academically dishonest ways are subject to disciplinary procedures. Below are some examples of academically dishonest behavior. http://www.cuesta.edu/student/documents/catalog/catalog_2013-14/catalog_2013-14.pdf

See canvas home page for deadlines related to dropping class.

CERTIFICATION TESTS

At the end of the course, one potential goal is for you to be prepared and capable of passing the ACSM (and possibly NASM) personal trainer certification test. Both are widely valued and respected in this industry and those who certify have an advantage in getting work in personal training and related fields.

For ACSM: Go to ACSM.org and navigate the site for information on certifications. For more info on ACSM cert, see file in Canvas KINE 224

ACSM CPT certificate cost

ACSM cert info see ACSM.org

As of Jan 2022 CPT cert \$279 if you are a member of ACSM

Student membership ACSM is only \$10 for the first year

Cert cost if NOT a member of ACSM is \$349

The cost of the NASM Personal Trainer Certification test for students enrolled in this Cuesta KINE 224 class is **discounted to \$ 399, as of Spring 2021. (Retail cost with ancillaries is \$799)**

This may change, check w/ instructor or NASM! The test is administered via on-line test center for NASM. In addition, all students taking either certification test must be **CPR** and **AED certified**, a training our class may provide, pending a guest CPR/AED guest instructor to conduct it. (Am. Red

Cross has a small fee for the CPR card, more later...)

NASM 800-460-6276 www.nasm.org, for discount get a discount code from Nancy (NASM sends Nancy the discount code and link)

Contact person who may be helpful at NASM: Eric Lopez

Academic Account Manager, NASM-CPT, CES, PES

Direct | 602-383-1209

Student Assistance | 1-800-460-6276 Option 2

Eric.Lopez@nasm.org

355 E. Germann Rd. Suite 201

Gilbert, AZ 85297

As a bonus, students enrolled in a NASM partnered class such as KINE 224 get a secondary “certification” called “Academic Distinction” Instructor will elaborate in class.

Provide the following and turn into instructor at the first class:

1. Name
2. Have you taken anatomy Y N
3. Nutrition? Y N
4. Are you **certified** in fitness or personal training now? Y N (if so, which certs?)

5. Are you in the Health/fitness industry now? Y N if so, What?

6. Are you planning on getting certified in this field? Y N or Maybe
7. Which certifications are you considering?

8. Why (else) are you in this class?

9. Do you have your CPR /AED cert. card? Y N
10. Are you interested in getting CPR AED cert card? (we might be able to certify as part of class) Y N
11. Hobbies or special interests:
12. Anything you think would be helpful for me to know about you?