Course Syllabus

Course Description

This course examines the role and responsibilities of a personal trainer. Students will learn the steps to become a personal trainer, including performing fitness assessments, designing safe and effective workouts, and proper nutrition principles. Concepts of communication and motivation will be discussed, as well as exercise modifications and adaptations for special populations. Students will also examine certification requirements, business and marketing procedures, and concerns about liability and ethics. In addition, throughout the course students will be able to explore various exercises, equipment, and tools that can be used for successful personal training.

This course is recommended for grades 10-12. "Concepts in Fitness" is a recommended pre-requisite to this course.

Units & Tasks

This course is divided into the following Units and Sections.

- ***Course Introduction***
- ***Unit 1: Intro to Personal Training***
  - *1.1 Intro to Personal Training*
  - *1.2 Health Concepts*
  - *1.3 Professionalism*
- ***Unit 2: Assessing Fitness Levels***
  - *2.1 Exercise Readiness*
  - *2.2 Cardio & Strength Assessments*
  - *2.3 Flexibility & Skills Assessments*
- ***Unit 3: Exercise Programming***
  - *3.1 Program Design*
  - *3.2 Implementation*
  - *3.3 Injury Prevention & Treatment*
- ***Unit 4: Exercise Considerations***
  - *4.1 Sports Considerations*
  - *4.2 Special Populations*
  - *4.3 Programming Considerations & Modifications*
- ***Unit 5: Becoming a Professional***
  - *5.1 Professional & Legal Responsibilities*
  - *5.2 Business Development*
  - *5.3 Certification & Beyond*

Within each section you will find the following tasks to view or complete:
1. ***Checklist***—an outline of tasks for that section
2. ***Lessons***—multimedia lessons about the section topic
3. ***Field Trip***—links to other online sites with additional information
4. ***Training Session****—exercise technique and cueing skills
5. ***Discussion****—class discussion on an assigned topic
6. ***Assignment****—section assignment
7. ***Vocab Check***—a flash card activity to test your knowledge of vocabulary
8. ***Quiz****—quiz covering information from the lessons

The items noted with an asterisk above are those that must be submitted for a grade. The "Course Introduction" section has more detailed information on the tasks and assignments for this course.

At the end of each unit, you will find a **Unit Exam**. There will also be a **comprehensive final** at the end of the course.

Assignments and Grading

Each section of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

The following free downloadable programs are required to view elements of this course.

- Flash Player http://get.adobe.com/flashplayer/
- Adobe Reader http://get.adobe.com/reader/
- Word Processing Program
    - Microsoft Word http://www.microsoft.com/download/en/default.aspx
    - OpenOffice http://www.openoffice.org/