



Virtual Certified Personal Trainer Preparation Workshop Series Fall 2020

Instructors: Lead Instructor: Jasmine Curtis, BS, USAW, NASM CPT, AFAA GX;
Assistant Instructors: Sonia Martinez, BS, NSCA-CPT, ACSM-EP, Christopher Quiel, NASM-CPT, and Andrew Solano, NSCA CPT

When: Initial (and only) Weekend Meeting: Saturday (8/29) & Sunday (8/30) – 9-6pm
Weekly Meetings: Thursdays (9/3-10/29) – 2-4pm

Where: Virtually via Zoom.

Entry Fee & Required Text: Proof of purchase (receipt) of the NSCA’s Essentials of Personal Training from the Coyote Bookstore; must be **ISBN 978-1-4925-7494-1**. The textbook is around \$130-150 & comes with a study package.

(Optional) Test Fee: \$225 (CSUSB discount), paid to front desk. Students are highly encouraged to sign up for their exam post-series. Can be paid in 2 payments The SRWC will then send the payment on the student’s behalf after series completion. More details: email Jasmine.Curtis@csusb.edu.

Purpose: To educate and facilitate a learning environment that will prepare aspiring fitness professionals to pass the National Strength & Conditioning Association (NSCA) Certified Personal Trainer Exam.

Learning Outcomes:

- Participants will be able to competently apply the theoretical and applied knowledge concepts that are required of an NSCA-CPT.
- Participants will gain experience programming for a client one-on-one for several weeks; which will assist them in developing the soft skills necessary to being a successful personal trainer.
- Participants will gain knowledge of using the virtual personal training platform, PT HUB.

Recommended Resources: NSCA’s Exercise Technique Checklist Manual excerpts; NSCA Symposium excerpts; NSCA’s Practice Exams (included for 3 months post class completion).

Grading:

Assignment	Points
Training Weekend Quizzes	30 (15 pts per quiz)
Test #1 (Week One Exam)	70 (50 theoretical / 20 Practical)

Weekly Quizzes	40 (4 quizzes/10pts per quiz)
Weekly Assignments	20 Pre/Post Assessment Results and Progress Reports
Test #2 (Final Exam)	140
	**Minimum of 45 Contact Hours to Complete
TOTAL:	300

Overall needed points to pass national exam: 210-300 = PASS

PT Practicum

Each person will be assigned a client for 3-5 weeks, including a pre and post assessment week. Each person will be responsible for training and/or programming for a client for a minimum of two sessions on a weekly basis.

Weekly Schedule:

******Prior to Week 1******

Saturday (8/29/2020) (9 contact hours)

- 9:00-9:30am – Introductions, Course Overview
- 9:30-10:00am - **Quiz #1** (Human Skeleton, Skeletal Musculature)
- 10:00-11:15am – Client Consultation and Fitness Assessment Selection and Administration (Ch. 9,10,11)
- 11:15-12:00pm – Client Consultation Practical
- 12:00-1:00pm – **LUNCH**
- 1:00-1:45pm – Fitness Assessment Practical
- 1:45 – 3:00 pm – Applied Anatomy and Kinesiology (Part of Ch 4)
- 3:00-3:10pm – **BREAK**
- 3:10-4:30pm - Resistance Training Exercise Technique Lecture (Ch.13)
- 4:30-5:45pm – Resistance Training Technique Practical
- 5:45-6:00pm – Wrap-Up

Sunday (8/30/2020) (9 contact hours)

- 9:00 – 10:00am – Cardiovascular Activity Technique Lecture (Ch. 14)
- 10:00 – 10:50am – Cardiovascular Activity Technique Practical
- 10:50-12:30pm – Program Design Lecture (Ch 15 & 16)
- 12:30- 1:15pm – **LUNCH**
- 1:15-1:30pm **Quiz #2** – (Saturday's Material)
- 1:30-2:45pm – Communication, Motivation & Exercise Psychology (Ch 8)
- 2:45-3:00pm – Client Interview Practice
- 3:00-3:10pm – **BREAK**
- 3:10-3:45pm – Flexibility Lecture (Ch. 12)
- 3:45-4:15pm – Flexibility Practical
- 4:15-5:15pm – Review for Test

WEEKLY MEETINGS & LECTURES: Thursdays 2:00-4:00pm

Week 1 (9/3):

- Lecture: Exercise Physiology (Overview of Chapters 1-3), PT Hub, Virtual Personal Training and Instruction
- LAB: Login to PT Hub Account, Assign Client Forms
- Test #1 Review
- HOMEWORK: Warm Up, Cool Down, and 5 Assessments on PT Hub

Week 2 (9/10):

- TEST #1 Theoretical & Practical(Ch. 1, 2, 3, 5, 6,8, 9, 10, 11, 12, 13, 14, 15, 16 & 25)
- Lecture / Q & A Session
- HOMEWORK: Conduct Client Consultation, Assessment and training session with other student trainer

Week 3 (9/17):

- Lecture: Clients with Orthopedic, Injury, Rehabilitation Concerns (Ch. 21); Resistance & Cardiovascular Training Adaptations (Ch5&6)
- Assign Clients to student trainers
- LAB 1: Orthopedic Concerns
- HOMEWORK: Program Design for Case Study, Complete Consultation & Assessment of Client

Week 4 (9/24):

- Quiz 3: Ch. 5, 6, 21
- Review Homework
- Lecture: Nutrition & Clients with Nutritional and Metabolic Concerns (Ch 7 & 19)
- LAB 2: Nutrition
- HOMEWORK: Program Design for Client, Train Client

Week 5 (10/1):

- Quiz 4: Ch 7, 19,24
- Review Homework
- Lecture: Plyometric and Speed Training (Ch. 17) & Resistance Training for Clients Who Are Athletes (Ch. 23);
- LAB 3: Athlete Training
- HOMEWORK: Program Design for Case Study, Train Client

Week 6 (10/8):

- Quiz 5: Ch. 17, 23
- Review Homework
- Lecture: Clients With Cardiovascular and Respiratory Conditions (Ch. 20); Clients With Spinal Cord Injury, Multiple Sclerosis, Epilepsy, and Cerebral Palsy (Ch. 22)
- LAB 4: Cardiopulmonary and Neurological Conditions

- HOMEWORK: Train Client

Week 7 (10/15):

- Quiz 6: Ch 20, 23
- Lecture: Clients Who Are Pregnant, Older, or Preadolescent (Ch. 18)
- LAB 5: TBA
- HOMEWORK: Program Design for Case Study, Complete Final Assessment of Client

Week 8 (10/22):

- Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
- Review Homework
- Review Final Exam

Week 9 (10/29)

FINAL EXAM: ***Thursday, October 15th.***

- Turn in Post-Assessment Results with Final Debrief
- Cumulative Test #3(Ch. 1 – 25)