



Certified Personal Trainer Preparation Workshop Series Fall 2022

Instructors: Lead Instructor: Jasmine Curtis, BS, USAW, NASM CPT, AFAA GX;
Assistant Instructor: Vivian Arias, BA, NSCA CPT, AFAA GX, TRX

When: Initial (and only) Weekend Meeting: Saturday (9/10) & Sunday (9/11) – 9-5pm
Weekly Meetings: Thursdays (9/15-12/1) – 2-4pm.
No class on campus-observed holidays.

Where: SRC Center Room 203. Backup location: Zoom (virtual).

Entry Fee & Required Text: Proof of purchase (receipt) of a new copy of NSCA's Essentials of Personal Training from the [Coyote Bookstore](#). The textbook is around \$114-\$140 & comes with a study package. Go to <http://bit.ly/CSUSBCPT> to show proof of purchase.

(Optional) Test Fee: Students are highly encouraged to sign up for their exam post-series! If a student signs up through the SRC the exam is \$225 with CSUSB's discount. You do not need to take the course to get the discount but must have appropriate, required text. More details: email Jasmine.Curtis@csusb.edu or go [here](#) (test sign up only).

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 fitness assessments and be able to perform them.

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.

Internship Information

This class provides 31 hours of instruction and further opportunities to build 50 hours. If using this series as an internship. Please send or bring in paperwork to Jasmine Curtis.

Weekly Schedule:

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

Saturday (9/10/2022) (8 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
- **1:45-1:50pm** - BREAK
- **1:50 – 3:00 pm** – Applied Anatomy and Kinesiology (Part of Ch 4)
- **3:00-3:10pm** – BREAK
- **3:10-4:10pm** – Resistance Training Exercise Technique Lecture (Ch.13)
- **4:10-5:00pm** – Resistance Training Exercise Practical

Sunday (9/11/2022) (8 contact hours)

- **9:00 – 10:00am** – Cardiovascular Activity Technique Lecture (Ch. 14)
- **10:00 – 10:50am** – Cardiovascular Activity Technique Practical
- **10:50-10:55am** - BREAK
- **10:55am – 12:30pm** – Program Design Lecture (Ch 15 & 16)
- **12:30- 1:15pm** – LUNCH
- **1:15-1:30pm Quiz #2** – (Saturday's Material)
- **1:30-2:30pm** – Communication, Motivation & Exercise Psychology (Ch 8)
- **2:30-3:00pm** – Client Interview Practice
- **3:00-3:10pm** – BREAK
- **3:10-3:45pm** – Flexibility Lecture (Ch. 12)
- **3:45-4:45pm** – Flexibility Practical

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

Week 1 (9/15):

- Quiz 3: Ch. 5, 6, 21 (Quiz 1 & 2 happen over the weekend)
- Lecture: Exercise Physiology (Overview of Chapters 1-3)
- Lab 1: Energy Systems & Proprioceptors
- HOMEWORK: Read

Week 2 (9/22):

- Test #1: Theoretical & Practical (Ch. 1, 2, 3, 5, 6,8, 9, 10, 11, 12, 13, 14, 15, 16 & 25)
- HOMEWORK: Conduct your 1st assessment with another student in the class.

Week 3 (9/29):

- Test #1 Review
- Lecture: Clients with Orthopedic, Injury, Rehabilitation Concerns (Ch. 21)
- Practical 1: Assessment Lab
- HOMEWORK: Complete consultation/assessments with your assigned client.

Week 4 (10/6):

- Quiz 4: Ch 7, 19, 24
- Lecture: Resistance & Cardiovascular Training Adaptations (Ch. 5 & 6)
- Lab 2: Orthopedic Concerns & Injuries
- HOMEWORK: Train Client 1-2 per week, create a month long (2 days per week) program for client.

Week 5 (10/13):

- Homework Q & A
- Lecture: Nutrition & Clients with Nutritional and Metabolic Concerns (Ch. 7 & 19)
- Practical 2: Warm Up & Cool Down
- HOMEWORK: Train Client 1-2 per week.

Week 6 (10/20):

- Lecture: Plyometric and Speed Training (Ch. 17) & Resistance Training for Clients Who Are Athletes (Ch. 23);
- Lab 3: Nutrition
- HOMEWORK: Train Client 1-2 per week.

Week 7 (10/27):

- Quiz 5: Ch. 17, 23
- Lecture: Clients With Cardiovascular and Respiratory Conditions (Ch. 20)
- Practical 3: Upper Push & Pull
- HOMEWORK: Train Client 1-2 per week.

Week 8 (11/3):

- Quiz 6: Ch 20, 23
- Lecture: Clients Who Are Pregnant, Older, or Preadolescent (Ch. 18)
- HOMEWORK: Last week of training client. Think about final assessments ahead!
- Practical 4: Lower Push/Pull

Week 9 (11/10)

- Lecture: Clients With Spinal Cord Injury, Multiple Sclerosis, Epilepsy, and Cerebral Palsy (Ch. 22) Lecture: Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
- Lab 4: Ch. 18-22, Gym Layout
- Review Final Exam
- HOMEWORK: Perform final assessments with client. Be prepared to share (with permission) post results with the class. Turn in Post-Assessment Results with Final Debrief next week.

Week 10 (11/17):

FINAL EXAM: ***Thursday, November 17th***

- Cumulative Test #3: Theoretical (Ch. 1 – 25)