



## **Certified Personal Trainer Preparation Workshop Series Fall 2022**

**Instructors:** Lead Instructor: Jasmine Curtis, BS, USAW, NASM CPT, AFAA GX;  
Assistant Instructors:

**When:** Initial (and only) Weekend Meeting: Saturday (9/11) & Sunday (9/12) – 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](mailto: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
<b>TOTAL:</b>	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):

- 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)
- Lab 4: Ch. 18-22
- HOMEWORK: Perform final assessments with client. Be prepared to share (with permission) post results with the class.

Week 10 (11/17):

- Quiz 6: Ch 20, 23
- Lecture: Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
- Lab 5: Gym Layout
- Turn in Post-Assessment Results with Final Debrief
- Review Final Exam

Week 11 (12/1)

FINAL EXAM: ***Thursday, December 1st.***

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