



Certified Personal Trainer Preparation Workshop Series Spring 2021

Instructors: Lead Instructor: Jasmine Curtis, BS, USAW, NASM CPT, AFAA GX;
Assistant Instructor: Dillon Darrow, NSCA CPT, Julian Gomez-Avila, ACE CPT

When: Initial (and only) Weekend Meeting: Saturday (2/12) & Sunday (2/13) – 9-5pm
Weekly Meetings: Thursdays (2/17-4/21 – 2-4pm. No class on campus-observed holidays

Where: SRC Center Room 205. 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](#); must be ISBN 9781718202351 (Hard Copy) or ISBN 9781718202399 (eBook). 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 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.

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 (2/12/2022) (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 – 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** - Wrap up!

Sunday (2/13/2022) (8 contact hours)

- **9:00 – 10:00am** – Cardiovascular Activity Technique Lecture (Ch. 14)
- **10:00 – 10:50am** –
- **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

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

Week 1 (2/17):

- Lecture: Resistance Training Practical, Exercise Physiology (Overview of Chapters 1-3)
- Test #1 Review
- HOMEWORK: Warm Up, Cool Down, and 5 Assessments on PT Hub

Week 2 (2/24):

- 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 and Assessment with other student trainer

Week 3 (3/3):

- Lecture: PT Hub, Clients with Orthopedic, Injury, Rehabilitation Concerns (Ch. 21); Resistance & Cardiovascular Training Adaptations (Ch5&6)
- Assign Clients to student trainers
- LAB 1: Orthopedic Concerns
- HOMEWORK: Login to PT Hub Account, Assign Client Forms, Complete Consultation & Assessment of Client

Week 4 (3/10):

- 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 Endurance, Train Client

Week 5 (3/17):

- 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 Hypertrophy, Train Client

Week 6 (3/24):

- 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: Program Design for Strength, Train Client

Week 7 (4/7):

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

Week 8 (4/14):

- Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
- HOMEWORK: 4 Case Studies
- Review Final Exam

Week 9 (4/21)

FINAL EXAM: ***Thursday, April, 21st.***

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