



## **Virtual Certified Personal Trainer Preparation Workshop Series Spring 2021**

**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 (9/16-11/18) – 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](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 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:**

<b>Assignment</b>	<b>Points</b>
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.

## **Weekly Schedule:**

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

### **Saturday (9/11/2021) (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** - Wrap up!

### **Sunday (9/12/2021) (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

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

### Week 1 (9/16):

- 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 (9/23):

- 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 (9/30):

- 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 (10/7):

- 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 (10/14):

- 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 (10/21):

- 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 (10/28):

- 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 (11/4):

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

Week 9 (11/18)

FINAL EXAM: ***Thursday, November 18th.***

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