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).


(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:**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Training Weekend Quizzes</td>
<td>30 (15 pts per quiz)</td>
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<tr>
<td>Test #1 (Week One Exam)</td>
<td>70 (50 theoretical / 20 Practical)</td>
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<tr>
<td>Weekly Quizzes</td>
<td>40 (4 quizzes/10pts per quiz)</td>
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<tr>
<td>Weekly Assignments</td>
<td>20 Pre/Post Assessment Results and Progress Reports</td>
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<tr>
<td>Test #2 (Final Exam)</td>
<td>140</td>
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**TOTAL:** 300

**Minimum of 45 Contact Hours to Complete**

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

Week 8 (11/4):
  o Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
  o HOMEWORK: 4 Case Studies
  o Review Final Exam

Week 9 (11/18)
  FINAL EXAM: *Thursday, November 18th.*
  o Turn in Post-Assessment Results with Final Debrief
  o Cumulative Test #3(Ch. 1 – 25)