

NSCA CPT Prep Workshop Syllabus Spring 2026

Course Title: Certified Personal Trainer Preparation Workshop Series

Term: Spring 2026

Instructors:

- Lead Instructor: Jasmine Curtis, BS, USAW, NSCA/NASM CPT, AFAA GX, NASM CNC, Spinning, Keiser
- Assistant Instructors: Chris Herrin, BS, NSCA CSCS, SMMS 1, Benjamin Fejzic, NSCA CPT, Cristo Campo, NASM CPT

When:

- **Kickoff Weekend:** Saturday (2/7) & Sunday (2/8), 9:00am-5:00pm
- **Weekly Meetings:** Tuesdays (2/10 - 4/28), 10:00am-12:00pm
- *No class on campus-observed holidays.*

Where: SRC Center Room 203 (Backup: Zoom, virtual)

Purpose: To educate and facilitate a learning environment that prepares aspiring fitness professionals to pass the National Strength & Conditioning Association (NSCA) Certified Personal Trainer Exam through a flipped classroom model, emphasizing active learning and practical application.

Entry Fee & Required Text: Proof of purchase (receipt) of 3rd Edition of NSCA's Essentials of Personal Training from the [Coyote Bookstore](#) or [Human Kinetics Website](#). The textbook is around \$90-\$140 & some come with a study package. The book can be digital or hardback and cannot be 'used'. Go to <http://bit.ly/CSUSBCPT> to show proof of purchase.

(Optional) Test Fee Post Series Completion: 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 yet you **must** have appropriate, required text. More details: email Jasmine.Curtis@csusb.edu or go [here](#) (test sign up only).

Kinesiology 2500 Internship Information

This class provides 38 hours of instruction and further opportunities to build 40 hours. If using this series as an internship, please send or bring in/email filled-out paperwork to Jasmine Curtis.

Learning Outcomes:

1. Master the NSCA-CPT essentials by applying theoretical knowledge and practical skills.
2. Develop coaching expertise through hands-on experience designing personalized workout programs and building client rapport.

3. Become proficient in conducting fitness assessments to personalize client programs.

Grading (non-credit, used for study progress):

Assignment	Points
Training Weekend Quizzes	30 (15 pts per quiz)
Test #1 (Week One Exam)	80 (60 theoretical / 20 Practical)
Weekly Quizzes	80 (8 quizzes/10pts per quiz)
Weekly Assignments	140 (7 assignments/20pts per assignment)
Test #2 (Final Exam)	135
	**Minimum of 45 Contact Hours to Complete
TOTAL:	465

Recommended Resources:

- NSCA's Essentials of Personal Training 3rd Edition, NSCA's Exercise Technique Manual 4th Edition

Course Schedule

Kickoff Weekend (February 7th - 8th, 2025)

Purpose: Introduce workshop structure, cover foundational content, and set expectations.

Saturday (2/7, 9:00am-4:00pm, 7 Contact Hours)

- **9:00 am – 9:30 am** – Introductions, Course Overview, Expectations
- **9:30 am – 10:00 am** – Quiz #1 Human Skeleton, Skeletal Musculature
- **10:00 am – 12:00 pm** – Lecture: Client Consultation and Fitness Assessment Selection and Administration (Ch. 9,10,11)
- **12:00 pm – 1:00 pm** – LUNCH
- **1:00 pm – 1:45 pm** – Fitness Assessment Practical
- **1:45 pm – 1:50 pm** – BREAK
- **1:50 pm – 3:00 pm** – Client Consultation Practical
- **3:00 pm – 3:10 pm** – BREAK
- **3:10 pm – 4:00 pm** – Lecture: Applied Anatomy and Kinesiology (Part of Ch 4)

Sunday (2/8, 9:00am-4:00pm, 7 Contact Hours)

- **9:00 am – 10:50am** – Resistance Training Exercise Technique Lecture (Ch.13)

- **10:50 am – 10:55am – BREAK**
- **10:55 am – 12:30 pm – Resistance Training Practical**
- **12:30 pm – 1:15 pm – LUNCH**
- **1:15 pm – 1:45 pm – Quiz #2**
- **1:45 pm – 2:30 pm – Client Interview Practice**
- **2:30 pm – 2:40 pm – BREAK**
- **2:40 pm – 3:45 pm – Flexibility Lecture (Ch. 12)**
- **3:45 pm – 4:00 pm – Flexibility and Mobilization Practical**
- **Homework**
 - Watch: Lecture on Cardiovascular Activity Technique (Ch. 14).
 - Read: Ch. 14

Weekly Meetings (Tuesdays, 10:00am-12:00pm)

Week 1 (2/10/2026)

- **In-Person:**
 - Review: Cardiovascular Activity Technique (Ch. 14)
 - Activity: Cardio Equipment Familiarization (treadmill, bike, rower)
- **Homework:**
 - Watch: Lecture on Program Design (Ch. 15-16),
 - Read: Ch. 15-16
 - Quiz #3: 12, 14 due Sunday 2/15

Week 2 (2/17/2026)

- **In-Person:**
 - Review: Program Design (Ch. 15-16) Q&A: Clarify lecture/reading.
 - Activity: Chapter 15 and 16 Worksheet (HR Calculations, Programming)
- **Homework:**
 - Watch: 30-min lecture on Exercise Physiology (Ch. 1-3).
 - Read: Ch. 1-3
 - Quiz #4: 15, 16 due Sunday 2/22

Week 3 (2/24/2026)

- **In-Person:**
 - Review: Exercise Physiology (Ch. 1-3)
 - Activity: Chapter 1-3 Worksheet
 - Test 1 Review
 - Internship Client Overview
- **Homework:**
 - Prepare for Test #1 (Ch. 1, 2, 3, 5, 6, 8, 9, 10, 11, 12, 13, 14, 15, 16, 25).
 - Quiz #5: 1-3, due Sunday 3/1

Week 4 (3/3/2026)

- **In-Person:**
 - Test #1: Theoretical & Practical (Ch. 1, 2, 3, 5, 6, 8, 9, 10, 11, 12, 13, 14, 15, 16, 25).
- **Homework:**
 - Read Ch. 5-6, 21
 - Client Assessment 1; create 1-month program (2 days/week)

Week 5 (3/10/2026)

- **In-Person:**
 - Review: Test 1 Results, Clients with Orthopedic, Injury, Rehabilitation Concerns (Ch. 21) Resistance and Cardiovascular Training Adaptations (Ch 5 & 6)
 - Activity:
 - Movement Lab: Warm-Up/Cool-Down, Horizontal Pull/Push
 - Chapter 5, 6, and 21 Worksheet
- **Homework:**
 - Watch: Nutrition (Ch. 7, 19),
 - Read: Ch. 7, 19
 - Train client 1-2x/week
 - Quiz #6: 21, 5, 6 due Sunday 3/15

Week 6 (3/17/2026)

- **In-Person:**
 - Review: Nutrition & Clients with Nutritional and Metabolic Concerns (Ch. 7, 19)
 - Activity:
 - Movement Lab: Vertical Pull/Push, Hip/Knee Dominant
 - Macronutrient Practice Sheet
- **Homework:**
 - Watch: Plyometric and Speed Training Program Design and Technique Lecture (Ch. 17), Resistance Training for Athletes (Ch. 23).
 - Read: Ch. 17, 23
 - Train client 1-2x/week.
 - Quiz #7: 7, 19 due Sunday 3/22

Week 7 (3/24/2026)

- **In-Person:**

- Review: Plyometric and Speed Training Program Design and Technique (Ch. 17), Resistance Training for Clients Who Are Athletes (Ch. 23)
- Activity:
 - Movement Lab: Plyometrics and Core
 - Chapter 17 and 23 Worksheet
- **Homework:**
 - Watch: Special Populations (Ch. 18, 20, 22), Communication, Motivation, and Exercise Psychology (Ch. 8)
 - Read: Ch. 8, 18, 20, 22
 - Train client 1-2x/week.
 - Quiz #8: 17, 23 due Sunday 3/29

Week 8 (3/31/2026)

- **In-Person:**
 - Review: Special Populations (Ch. 18, 20, 22), Communication, Motivation, and Exercise Psychology (Ch. 8)
 - Activity: Chapter 8, 18, 20, and 22 Worksheet
- **Homework:**
 - Watch: Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
 - Read Ch. 24
 - Train client 1-2x/week.
 - Quiz #9: 8, 18, 20, 22 due Sunday 4/5

Week 9 (4/7/2026)

- **In-Person:**
 - Review: Legal Concepts, Facility and Equipment Layout & Maintenance (Ch. 24)
 - Activity: Check our Rec (Facility Layout)
- **Homework:**
 - Client final assessments.
 - Review all chapters for the Final Exam.
 - Quiz #10: 24 due Sunday 4/12

Week 10 (4/14/2026)

- **In-Person:**
 - Review: Each Domain
 - Activity:
 - Calculations
 - Fitness Assessments
 - Wrap-Up: Collect client post-assessment plans.
- **Homework:** Study for final exam

Week 11 (4/21/2026)

- **In-Person:**
 - Final Exam (Cumulative, Theoretical, Ch. 1-25).
 - Activity (post-exam): Debrief exam; share client practicum results (with permission).
- **Homework:** Submit client post-assessment results and debrief.

Week 12 (4/28/2026)

- **In-Person:**
 - Activity: Test Review; Q&A for NSCA CPT exam sign-up.
 - Discussion: Job opportunities, next steps as a CPT.
 - Wrap-Up: Course feedback survey.