

# **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](mailto: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
<b>TOTAL:</b>	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.