I. INTRODUCTION

a. The purpose of this course is to study information on anatomy, biomechanics, physiology, physical fitness, and nutrition within the context of personal training.

b. The knowledge you acquire in this class will help you make better fitness goals and programs for yourself and others, ones that will have a direct impact on how you look, feel, and function.

c. At the completion of the course, the student will have the knowledge and ability to take a test to become a certified NCSF-PT and market themself as a personal trainer.

d. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions

II. OBJECTIVES OF THE COURSE

a. Be able to identify and describe the components of fitness and how they relate to total wellness and personal training.

b. Describe how gender, race, and ethnicity can influence health and how personal training goals may differ.

c. List the factors that influence the development fitness components.

d. Discuss the principles and goals of prevention and protection.

e. Create a complete exercise program design using advanced training techniques.

III. INSTRUCTIONAL MATERIALS

The instructional materials identified for this course are viewable through www.ctcd.edu/books

2/9/2010


d. DVD: *NCSF: Personal Training Technique & Assessment,* current edition

e. Outside reading material/videos assigned or at the initiative of the student

IV. COURSE REQUIREMENTS

a. Attend class and be on time
b. Read all assigned material and bring textbook to class
c. Maintain organized class notes
d. Use initiative in doing extra work and individual practice
e. Participate in class discussions and activities
f. Take all exams and quizzes
g. Participate in observations and individual/group activities

V. GRADES

Tests:

- *Mid-Term (Chapters 1-12; p. 1-69 in study guide)* = 20%
- *Final Exam (Chapters 13-23; p.70-132 in study guide)* = 20%

Activities:

- 10 Lab Assignments from Lab Manual = 20%
  *5/10 will be graded (extras earn 2% each on final grade)*
- *Your Personal Fitness Evaluation* = 10%
- *Exercise Program Design* = 10%
- *Personal Training* = 10%
- *Group Training* = 10%

VI. ABSENCES AND TARDIES:

- Absences numbers one (1) and two (2) - No penalty.
- Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).
- Absence number four (4) - 10 points will be deducted from your final grade (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- Two (2) points will be deducted from your final grade for each tardy.

- There will be no make-up classes.

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

V. NOTES

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
VI. COURSE OUTLINE

A. Unit One: Healthy Lifestyles

   i. Unit Objectives: Upon successful completion of this unit the student will:
      1. be able to define health and wellness
      2. discuss the role of psychological health
      3. understand stress management techniques
      4. define the components of physical fitness
      5. understand healthy eating habits as well as eating disorders
      6. have the knowledge to form healthy relationships
      7. understand personal sexuality and responsible decisions

   ii. Learning Activities:
      1. classroom lectures, discussions and demonstrations
      2. skits and role playing
      3. debates and discussions
      4. reading assignments and handouts
      5. classroom presentations

   iii. Equipment and Materials:
      1. nutrition and food visual aids
      2. physical fitness equipment
      3. contraceptive devices

b. Unit Two: Avoiding Health Risks

   i. Unit Objectives: Upon successful completion of this unit the student will:
      1. discuss drug use, misuse, and abuse concepts
      2. understand the effects of alcohol consumption
      3. learn how to prevent infectious diseases
      4. discuss tobacco use, misuse, and abuse concepts
      5. learn how to lower risk of cancer and other major diseases
      6. practice staying safe: preventing injuries and violence
      7. appreciate the role of a healthy environment

   ii. Learning Activities:
      1. classroom lectures, discussions and demonstrations
      2. skits and role playing
      3. debates and discussions
      4. reading assignments and handouts
      5. classroom presentations

   iii. Equipment and Materials:
      1. drinking goggles
      2. illicit drug awareness tools
      3. heart model & cancerous lung model