SYLLABUS

Course Name: Advanced Personal Training Certification Spring 2007

Instructor: Joseph Palmer    Tel: 546-8208
Office Location: Spaulding Gymnasium    E-Mail: jpalmer@shaw.edu
Office Hours: MWF: 7-8, 1-2, TTH: 7-8, 11-12    Class Time: TTH: 2:30-3:45

Text: Health Fitness Handbook 4th Ed.
     NCSF Study Guide 2nd Ed.
     NCSF Practical Lab Manual 2nd Ed

CLASSROOM RULES/EXPECTATIONS

COURSE DESCRIPTION
This course is designed to reinforce scientific theory through the practical application skills learning during the performance of the corresponding weekly lab activities. The information learning through participation in this course is specifically designed to empower students with professional skills that can be readily applied in many diverse fitness-training environments.

GENERAL OBJECTIVES
At the completion of this course, students will possess the skills and abilities to:
- Screen and evaluate clients for participation in exercise and physical activity.
- Evaluate practical application techniques
- Analyze current fitness status
- Design exercise program for clients
- Establish diets and behavior modification techniques for clients
- Design exercise prescriptions, i.e. strength endurance, power and flexibility testing.
- Calculate ideal body fat, weight, and other
- Incorporate multiple faceted training into an exercise program

SPECIFIC STANDARDS AND INDICATION
- Students will be able to understand the operation of Fitness Center.

ASSIGNMENTS
Periodic Exams and Lab Activities

COURSE OUTLINE:
Week 1 Introduction to 2nd Semester Personal Training Anatomy

Week 2 Anatomy Lab. Review Health Screening and Assessment.
**Week 3** Heath Screen Lab Review and Assessment

**Week 4** Exercise Physiology Part I, Part II

**Week 5** Aerobic conditioning, Aerobic Exercise Prescription Lab

**Week 6** Functional warm-up; Functional Lab warm-up

**Week 7** Functional warm-up Lab Part II

**Week 8** Flexibility, Flexibility Assessment Lab

**Week 9** Flexibility Training Tech. Lab Resistance Training I

**Week 10** Resistance Training II, Muscular Strength and Endurance Lab

**Week 11** Muscular Resistance Training Lap Upper Body
Muscular Resistance Training Lap Lower Body

**Week 12** Nutrition I, Nutrition II

**Week 13** Body Composition Lecture/Lab

**Week 14** Weight Management Lecture/ Lab

**Week 15** REVIEWS

**EVALUATION**
Quizzes
Examination
Lab Activities
Homework/Reading

**GRADING SCALE**
90-100-------A
80-89-------B
70-79-------C
60-69-------D
50-59-------F

**NOTE:** After completion of course, students will be eligible to take National Fitness Examination.

**NOTE:** ALL students will be assigned Library project each week.