

Sports Medicine: Personal Training Course Syllabus

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Personal Training Course

COURSE DESCRIPTION:

Personal Trainers are health/fitness professionals who, using an individualized approach, assess, motivate, educate and train clients regarding their personal health and fitness needs. Certified personal trainers design safe and effective exercise programs, provide guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations. Recognizing their own area of expertise, a personal trainer will refer clients to other health care professionals when appropriate. This course helps students prepare for the certification examination.

CLASS TEXT:

National Academy of Sports Medicine. *NASM Essentials of Personal Fitness Training*. 7th ed., Jones & Bartlett Learning, 2021.

COURSE OBJECTIVE

To help students prepare and earn the NASM-Certified Personal Trainer certification.

Students must be competent in six domains:

1. Exercise Technique and Training Instruction
2. Program Design
3. Assessment
4. Basic and Applied Sciences and Nutritional Concepts
5. Client Relations and Behavioral Coaching
6. Professional Development and Responsibility

DUAL ENROLLMENT

This class is a course that is eligible for college credit from California State University, Bakersfield. Therefore, high school students enrolled in this class will have the opportunity to receive both high school AND college credit; this process is known as Dual Enrollment. Parents will need to sign a permission slip that allows their student to also earn college credit in the course. This class will be dual enrolled with California State University, Bakersfield's KINE 2000: Introduction to Kinesiology, KINE 1020: CPR, First Aid and AED, KINE 1018: Lifetime Fitness, and KINE 1512: Weight Training. No cost for KHSD students.

CLASSROOM SUPPLIES:

- Notebook (optional)
- Pens and pencils
- 3x5 index cards

CLASSROOM DRESS CODE:

The class will be split into a classroom portion and an active lab section. Therefore, students should wear APPROPRIATE athletic wear to class and be expected to exercise everyday.

ATTENDANCE PROCEDURES:

Class starts at 7:30 AM (morning class) and 12:00 PM (afternoon class). In preparation for the work world, students will be expected to be on time and meet the 500 hour minimum attendance requirement. Irresponsible attendance directly affects the quality of learning and does not display acceptable work ethic. The material presented and lab practice prepares students for clinical work settings. Penalties will be given for unjustifiable tardiness and excessive absences, including being dropped from the program. Students receive daily points for participation, tardiness, and absences affect the number of points received.

PARTICIPATION/ CONDUCT:

Students are expected to be trustworthy and maintain a high level of professionalism in the classroom and in clinical settings. Students must demonstrate the ability to work well with peers in the classroom. Students who do not conduct themselves appropriately will lose daily participation/ conduct points and risk being dropped from the program. Students will be performing physically active labs in the weight room where they will learn how to exercise using proper technique and will go through an exercise routine most days of class.

CLASSROOM RULES:

1. Communicate
2. Collaborate
3. Celebrate
4. Culture
 - On time
 - NO Electronic devices
 - Professionalism

Participation Point Codes:

- EB: Earbuds
- P: Phone
- E: Engagement
- D: Dress Code
- L: Late
- C: Called In
- A: Absent

GRADING POLICY/SCALE:

A = 90 – 100%

B = 80 – 89%

C = 70 - 79%

D = 60 – 69%

GRADING WEIGHT:

First Semester

- Assignments: 30%
- Exams/ Participation: 70%

Second Semester

- Community Classroom: 40%
- Assignments: 30%
- Exams/ Participation: 30%

COMMUNITY CLASSROOM:

During the second semester, eligible students will be able to attend community classroom (internships). Community classroom is an opportunity for students to see the connection between what is learned in class and how it is applied in the industry. Students must have no lower than a 'C' letter grade and meet the minimum attendance requirement to attend community classroom.

HOMEWORK/ STUDY: There will be limited homework assigned for this course. However, students will be responsible to study outside of class, as needed.

COURSE OUTLINE:

Students are expected to cover a new chapter each week. Chapters to be covered are listed below.

- Professional Development & Personal Training
- Client Psychology & Behavior Change
- Anatomy & Physiology
- Exercise Physiology
- Human Movement Science
- Biomechanics
- Nutrition & Hydration
- Health, Wellness & Chronic Disease
- Client Screening & Fitness Assessments
- Posture & Movement Assessments
- Flexibility Training
- Cardiorespiratory Training
- Core Training
- Balance Training
- Plyometric Training
- Speed, Agility & Quickness (SAQ)
- Resistance Training
- NASM OPT Model
- Exercise Technique & Instruction
- Program Design
- Special Populations
- Exercise Safety & Injury Prevention
- Professional Ethics & Scope of Practice
- Practice Exam

All Session Long:

- Flexibility, Body Weight, and Stability Ball Exercises
- Resistance Training Exercise Techniques
- Cardiovascular Training Methods
- Anatomy and Physiology
- Job Readiness Skills and Tools

Sports Medicine Contract

Course Name: Sports Medicine

Instructor: Andrew Hong, MS, ATC, CSCS, CES

Room: 153

Student: I have received a copy of the course syllabus. I agree to abide by all of the standards, requirements and classroom rules. I commit to completing my assignments on time.

Student: Print Name

Student: Signature

Date

Parent: I have read and discussed this syllabus with my student. My student and I are aware of the expectations of this course. I give my student permissions to participate in all activities and discussions related to this course.

Parent : Print Name

Parent: Signature

Date