PDP FT 306 Personal Trainer

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Meets twice per week: 1.0 Credit

Course Description:
An entry-level class designed to prepare individuals to sit for a Personal Trainer Certification Examination given by certifying bodies such as the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM). Includes practical and theoretical seminars in basic anatomy and exercise physiology, fitness evaluation, training program design, nutrition, teaching methods, and safety issues.

Course prepares you for certification, but is not a certification course.

Required Text:
Essentials of Personal Training 2nd Edition by NSCA -National Strength & Conditioning Association, Roger W. Earle (Editor)

Recommended: ACSM’S Resources for the Personal Trainer, 3rd Edition: Lippincott Williams & Wilkins

Course Goals/Learning Outcomes:
Course prepares individuals Personal Trainer Certification Examinations given by certifying bodies such as the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM).

After completing the course students should have an understanding of the topics covered in the assigned textbook and be able to demonstrate exercise technique and handle one-on-one client interactions.

Grading Policy:
This class will be graded Pass/Fail, based according to the following formula:

Attendance: 10%
Personal Trainer Shadow: 10%
Article Reviews: 10%
Lab Day 1: 10%
Lab Day 2: 10%
Lab Day 3: 10%
Program Design and Personal Training Experience: 40%

Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 90% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.
MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU - Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:
Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor’s note or death of a family member) will not count against your attendance record. If you have more than 3 unexcused absences, you will need to arrange to make up the classes you have missed. Assignments and readings will be posted on Blackboard. Contact instructor for specific make-up assignments.

Blackboard, FitRec Website & Course Evaluation:
A Blackboard course site may be available for this class online at http://www.learn.bu.edu and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: http://www.bu.edu/fitrec/about/physical-education/

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:
Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).
Schedule:

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<tr>
<th>Week #</th>
<th>Lecture Material &amp; Readings</th>
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| Week 1 | Introduction: Overview of field  
Intro to Sports Performance Training |
| Week 2 | Article: Dynamic Flexibility Training  
Article: Baseball Part I Dynamic Flexibility  
How to Read a Scientific Journal. Applied Myology |
| Week 3 | Bones & Joints. Article: Hedrick, A. & Wada, H. Weightlifting Movements: Do the Benefits Outweigh the Risks?  
Bringing Coaching to PT/Personal Trainer client Relations |
| Week 4 | Motivation: Article: Overcoaching in the Weight Room. Nutrition. Article: Fluid Replacements For Athletes  
Health Screening/Fitness Testing Overview: Article: A 6 Step Progression Model for Teaching the Hang |
Program Design |
| Week 6 | Youth Resistance Training Updated Position |
| Week 7 | VO2 Max, Measure & Evaluation. Cardiovascular Guidelines:  
Cardiovascular Lab |
| Week 8 | Fitness Testing:  
Fit Testing Lab |
| Week 9 | Resistance Training Guidelines  
Resistance Training Lab |
| Week 10 | Strength Testing  
Strength Testing Lab |
| Week 11 | Endurance/Flexibility Testing  
Endurance and Flexibility Testing Lab |
| Week 12 | Body Fat Composition  
Body Fat Testing Lab |
| Week 13 | Program Design for Special Populations  
Review for Final Examination |
| Week 14 | FINAL EXAMINATION |

**Article Review:** You will assigned an article to read, interpret, and analyze. From that you will create a 1-page typed review of the article to present to the class.

**Program Design:** You will be assigned a client and must create a periodized strength program individual to the clients’ needs. This must be typed with no limit on size. Upon satisfactory program design, you will meet with the client and train them for one session.

**Labs:** In class labs will be accompanied by 1-page typed discussion questions.