

PDP FT 306 Personal Trainer

Instructor: Rick DiScipio, MEd, CSCS, NSCA-CPT, RSCC, NASM-PES, USWF-SP1

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Meets: Tuesday/Thursday, 12:30-2:00PM: 2.0 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

Learning Outcomes:

- Course prepares individuals to pass a Personal Trainer Certification Exam given by certifying bodies such as the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), or the National Academy of Sports Medicine (NASM)
- Students will also learn how to develop safe and motivating exercise programs that is individualized according to the client's goals and limitations
- Through-out the semester there will be workshops on assessments, Olympic Weightlifting, powerlifting, HIIT, flexibility, special population, balance and mobility

Grading Policy:

This class will be graded Pass/Fail, based on attendance. 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, 80% 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 5 absences. If you have more than 5 absences, you will need to arrange to make up the classes you have missed. You can do this by attending PDP FT 112, 114, 115, 125 or 212.

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into either your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

For a detailed 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:

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:

Week #	Lecture Material & Readings
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
Week 5	Strength Training, Training for Competition. Article: Plyometrics Program Design, Part 1. Article: Plyometrics Program Design, Part 2 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.