Instructor: Del Graves M.Ed., L.A.T.  
Office: HPE 105  
Phone: 936 468-1423  
Email: Gravesdl@sfasu.edu  
(Use this e-mail not D2L)

Course Time & Location: T/R 2-3:15 HPEC 224  
Office Hours: T & R 11:30 – 12:30  
Credits: 3 credit hour lecture

Prerequisites: Senior level classification with completion of KIN 207, 214, 234, 236, and KIN 251 or consent of constructor.

I. Course Description:
This course will prepare students for and lead toward the Certified Personal Trainer (CPT) credential. This course is a learn-by-doing, hands-on course that emphasizes practical knowledge and exercise theory necessary for the fitness professional practitioners.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course links with Stephen F. Austin's initiative #4 (e.g. Develop a learner centered environment). This course also links with Stephen F. Austin's College of Education Goal and Initiative #2 (e.g. Prepare educators and industry professionals).

Program Learning Outcomes:
1. The student will identify and analyze critical components of physical movements.  
2. The student will demonstrate and understanding of basic principles of physical fitness and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.  
3. The student will apply knowledge of principles and stages of motor development.  
4. The student will demonstrate knowledge of kinesiological principles and content.  
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.

Student Learning Outcomes:
1. Students will be able to articulate a sound understanding of and appreciation for the benefits of physical activity and physical fitness. PLO # 2  
2. Students will be able to explain, demonstrate, and implement practices and procedures that facilitate lifetime health and physical activity. PLO# 1, #2  
3. Students will possess and be able to demonstrate practical skills in teaching, evaluating and motivating clients in healthy activities. PLO #4, #5  
4. Students will be able to demonstrate skill in teaching, evaluating, and motivating clients in healthy physical activities. PLO #1, #2, #4  
5. Students will demonstrate an understanding of physiological system interactions and the cause and effect phenomenon. PLO #1, #2  
6. Students will be able to present clients with didactic materials so they understand and may help themselves live healthier lives. PLO # 5
7. Students will be able to explain proper training techniques in compliance with safe professional practices. PLO #1

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

A variety of instructional activities will be used, including: lecture, discussion, videos, and demonstration. Personal interviews with coaches, as well as personal observations, library and Internet research reports will be a part of this course.

In accordance with the "American Disabilities Act," an appropriate adjustment will be arranged for individuals with a disability that might prevent or eliminate them from participating in certain activities during the semester. It should be noted that students have an obligation to advise or disclose information to the instructor about their specific disability so that correct accommodation may be made.

Activities:
- 3 multiple choice Tests
- 12 Day Assignment
- Project: Creating an 8wk fitness program for two individuals

IV. Evaluation and Assessments (Grading): The student's course grade will be determined based on the following course activities, and weighted as indicated.

<table>
<thead>
<tr>
<th>COURSE ACTIVITIES</th>
<th>GRADE POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1 (Chapters 1-5: 30 question (multiple choice)</td>
<td>50</td>
</tr>
<tr>
<td>Test 2 (Chapters 5-10: 30 question (multiple choice)</td>
<td>50</td>
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<tr>
<td>Test 3 (Chapters 10-15: 30 questions (multiple choice)</td>
<td>50</td>
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<tr>
<td>Trainer Project: (Students will work a fictional individual from a special population. The students will have to come up with a 8 week exercise program)</td>
<td>50</td>
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<tr>
<td>12 Day Assignment: Student will analyze a movement using anatomical deceptions of movements, principles of motions, and muscle groups utilized</td>
<td>50</td>
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<tr>
<td>Personal Training Project: Trainer Project (Students will work a fictional healthy individual. The students will have to come up with a 8 week exercise program)</td>
<td>50</td>
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<tr>
<td>Final (Cumulative- 100 question multiple choice)</td>
<td>100</td>
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<tr>
<td>Total</td>
<td>400</td>
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### Grading Scale

A= 400-360  B= 359-320  C= 319-280  D= 279-240  F= 239-0

### V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>DATE</th>
<th>LECTURE SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/19</td>
<td>Introduction to Personal training- a review of the syllabus, what personal training is, what is expected of the class, and what will be covered.</td>
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<tr>
<td>1/21</td>
<td>Functional anatomy (1)- Joint movements, anatomy, and biomechanical terms will be reviewed.</td>
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<tr>
<td>1/26</td>
<td>Biomechanics (2)- In terms of personal training, the concepts of force, energy, work, power, torque, stability and momentum will covered.</td>
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<tr>
<td>1/28</td>
<td>Muscle Physiology (3)- Concepts of muscle tissue, force production, contraction, and fiber types will be discussed.</td>
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<tr>
<td>2/2</td>
<td>12th Day Assignment: Student will analyze a movement using anatomical deceptions of movements, principles of motions, and muscle groups utilized.</td>
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<tr>
<td>2/4</td>
<td>Endocrine System (4)- A brief discussion of hormonal function in a personal training context. Bioenergetics (5)- the majority of the class will be spent discussing the simple human energy systems and how they apply to training.</td>
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<tr>
<td>2/9</td>
<td><strong>TEST 1 (Chapters1-5)</strong></td>
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<tr>
<td>2/11</td>
<td>Cardiovascular Physiology (6)- Cardiovascular physiology will be discussed regarding its applications to training.</td>
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<tr>
<td>2/16</td>
<td>Nutrition &amp; Supplementation (7, 8, &amp; 9)- Basic concepts of nutrition and supplementation will be cover focusing on how it applies to being a personal trainer.</td>
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<tr>
<td>2/18</td>
<td>Nutrition &amp; Supplementation (7, 8, &amp; 9)- Basic concepts of nutrition and supplementation will be cover focusing on how it applies to being a personal trainer.</td>
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<tr>
<td>2/23</td>
<td>Review Test 1 (If time), Body Composition (10)- A discussion of body fat, composition, and various measuring methods will be discussed.</td>
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<tr>
<td>2/25</td>
<td><strong>Test 2 (Chapters 6-10)</strong></td>
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<td>3/1</td>
<td>Weight Management (11)- Techniques and strategies regarding weight management will be discussed in a personal training context.</td>
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<td>Date</td>
<td>Topic</td>
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<tr>
<td>3/3</td>
<td>Physical Fitness &amp; Health (12)- Health and fitness concepts concerning personal training will be lectured.</td>
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<td>3/8</td>
<td>Pre-Exercise Screening &amp; Test Considerations (13)- Pre-Exercise necessities will be reviewed.</td>
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<tr>
<td>3/10</td>
<td>Assessment of Physical Fitness (14)- Fitness assessments will be generally discussed.</td>
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<td>3/22</td>
<td>Exercise Programming Components (15)- Students will be instructed on exercise programing.</td>
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<tr>
<td>3/29</td>
<td><strong>TEST 3 (Chapters 10-15)</strong></td>
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<td>3/31</td>
<td>Flexibility Assessment &amp; Programming (16)- testing, assessing, and programing for flexibility will be discussed.</td>
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<tr>
<td>4/5</td>
<td>Programming For Cardiovascular Fitness (17)- General concepts regarding cardiovascular/aerobic exercise will be discussed.</td>
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<tr>
<td>4/7</td>
<td>Programming For Cardiovascular Fitness part II (17)- A more in depth investigation of aerobic training will commence.</td>
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<tr>
<td>4/12</td>
<td>Anaerobic Training (18)- General concepts regarding anaerobic training will be lectured.</td>
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<tr>
<td>4/14</td>
<td>Anaerobic Training part II (18)- A more in depth investigation of anaerobic training will be presented.</td>
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<tr>
<td>4/19</td>
<td>Functional Training Concepts (20)- Functional training will be discussed in regards to personal training.</td>
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<tr>
<td>4/21</td>
<td>Working With Special Populations (22)- Working with special populations will be lectured, primarily focusing on individuals with diabetes, asthma, pregnancy, and various age groups.</td>
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<tr>
<td>4/26</td>
<td>Ethics and Professional Behavior (23)- Proper behavior for personal trainer will be discussed.</td>
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<tr>
<td>4/8</td>
<td><strong>Personal Training Projects Due</strong></td>
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<tr>
<td>5/5 &amp; 5/5</td>
<td>Review for Finals</td>
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</table>

At the beginning of each class, roll will be taken. Students with an unexcused absence will receive 0.5 point deducted from their final grade for each occurrence.

**VI. Readings (Required and recommended—including texts, websites, articles, etc.):**

**Required:**

4. Reading assignments will be made throughout the semester and correspond to the lecture topics.

VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies

Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades.

Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Students are expected to attend and participate in every scheduled class meeting. Students are expected to arrive on time and be dressed appropriately on activity days!

Tardiness & Unexcused absences

At the beginning of each class, roll will be taken. Students with an unexcused absence will receive 0.5 point deducted from their final grade for each occurrence. Even though attendance is only documented one time, being tardy can influence the students’ final grade. Students arriving after roll has been taken will have 0.25 point deducted from his/her final point total for each occurrence. Exceptions will be made for students (arriving late) who provide the instructor advanced notification for “valid” circumstances. What is determined to be a “valid” circumstance will be left at the discretion of the instructor. Students who abuse this exception will be penalized for being tardy.
Any student with an “unexcused” absence on the day of an exam/assignment will NOT be allowed a makeup. Exceptions will be made for students who miss class for University-sponsored events, verifiable serious illness, or a verifiable family emergency. It is the responsibility of the student to notify the instructor immediately prior to any anticipated absence for any of the aforementioned circumstances. Any other circumstances for absence (not mentioned previously) will be reviewed at the instructor’s discretion.

Documentation MUST be provided verifying “excused” absences for ALL circumstances. All documentation must be turned in NO later than one week from the day the student returns. No make ups will be given until the required documentation is provided.

Absence is no excuse for not knowing. Students are responsible for being ready for class each day, therefore if you are absent (excused or unexcused**) – be sure to get the previous day’s notes from another student in the class AND come to the next class prepared. If an exam/assignment is schedule on your return date, then your exam/assignment is also due that same day. Take your responsibilities seriously. The instructor is more than willing to am more than happy to help you but you the student must do his/her your part.

**The only difference between an excused and an unexcused absence is that the student will have the opportunity to make up the work missed. An unexcused absence is still an absence.

Class preparation is your responsibility. Read your assignments prior to the assigned class discussion and be prepared to offer input and ask questions. Late assignments will have a minimum automatic 25% point deduction if turned in within a week of the due date. Assignments later than one-week will not be accepted. The instructor will consider accepting a late assignment if the assignment is due on the date of an excused absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp.

Withheld Grades Semester Grades: Policy 5.5

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which the WH is assigned, or the grade automatically becomes an F. If students register for the same course in future terms, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

Additional Information

To complete Certification/Licensing Requirements in Texas related to public education, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.
2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/ <http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.
3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.
IX. Other Relevant Course Information: Course Rationale:

Research indicates that daily health/fitness related behaviors determine the quality and longevity of our life.

This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors. The practice of long-term positive health and fitness behaviors are essential to an individual’s physical, emotional, social, occupational, environmental, intellectual, and spiritual well-being.

Cell phone/laptops:  
Cell phone use is not permitted during class; this includes texting, recording and/or picture taking. Laptops may be used for NOTE TAKING ONLY.

Professionalism:

You are working towards a degree to be a professional, so you should look and speak that way. No sagging pants. No caps or hats in the classroom and building or unprofessional attire!!!

Insurance:

It is strongly advised that each student carry health/ accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course.

Kinesiology and Health Science Policies:
No food, drink, or tobacco products may be brought into classes in the HPE complex.

General Classroom Civility:

Students should be respectful of the instructor and other students during class time. Please do not interrupt your classmates or the instructor when they are speaking, and do not talk when someone else is talking. Students will not be allowed to read the newspaper, complete work from other classes, talk to their neighbors, sleep during class, or engage in other activities that are distracting to the instructor or other students. Any student found violating this code of conduct will be asked to leave the classroom and will be given an unexcused absence for the class period.

Exam Conduct:

- You may not wear sunglasses during an exam.  
- You will be asked to remove your hat/jacket.  
- You must place all class materials out of sight in a backpack at the front of the classroom.  
- Bathroom breaks or leaving the room for any reason will not be allowed during exams (so plan ahead!)  
- Students who leave the room for any reason will receive a “0” for the exam.  
- No food or drinks will be allowed during exams - this includes water and gum – students will receive a “0”.  
- Engagement in suspicious behaviors such as talking with others, roving eyes, tapping your hands or feet repeatedly during exams, etc. may be construed as cheating by the instructor and are grounds for dismissal from the examination and an automatic 0 on the examination as well as further disciplinary action at the discretion of the instructor.
• All cell phones and electronic devices must be turned off and left at the front of the classroom.
• Use of such devices during examination may be construed as cheating and result in associated disciplinary action.

Technical Support:

For D2L technical support, contact student support in the Office of Instructional Technology (OIT) at d2l@sfasu.edu or 936-468-1919. If you call after regular business hours or on a weekend, please leave a voicemail.

For general computer support (not related to D2L), contact the Technical Support Center (TSC) at 936-468-HELP (4357) or at helpdesk@sfasu.edu.

To learn more about using D2L, visit SFA ONLINE at http://sfaonline.sfasu.edu, where you’ll find written instructions and video tutorials.