



08/2011

College of Life Sciences

Department of Exercise Sciences



Fall 2011—ExSc 385—Personal Training Strategies

Instructor: James D. George, PhD

Office: 228A SFH

Hours: MW 1:00 pm–3:30 pm (or by appointment)

E-mail: jim@byu.edu

Required Materials

- *NASM Essentials of Personal Fitness Training*, National Academy of Sports Medicine (NASM, 2008)
- *NASM Study Guide*, National Academy of Sports Medicine (NASM, 2008)
- *ExSc 385 Course Packet*, BYU Bookstore

Student Learning Objectives

- Know the essential concepts and principles within Chapters 1–13 of the NASM textbook
- Apply the knowledge learned in this course so you can help your clients improve and enhance their functional fitness
- Prepare to certify as a Certified Personal Trainer (CPT) through the National Academy of Sports Medicine

Student Learning Activities

- Attend and participate in all class activities
- Read the NASM textbook and complete the accompanying NASM study guide
- Participate in the various lab/homework assignments

Assessment of Student Learning

- Daily quizzes
- Lab/homework assignments
- Written examinations

Daily Quizzes

- There will be a written quiz at the beginning or ending of each class which collectively count for 15% of your final grade
- Each quiz will cover material discussed in a previous class or from reading assignments announced in class
- To take the quiz you must be in the classroom (201 SFH) before the instructor closes the door at the beginning of class; once the quiz is completed, the instructor will open the door so any latecomers can join the group (please knock if you believe the quiz has been completed; about 10 minutes after the hour)
- Each quiz will consist mostly of short-answer questions; when instructed, give your quiz to a classmate for grading and when it is returned to you, record your score on your quiz grading sheet (which is due the last class period)
- Your quiz score may be counted when you 1) take the quiz on time, 2) record your score on the quiz/attendance grading sheet, 3) don't leave before the end of class for any reason, and 4) are respectful, attentive, and participate throughout the entire 50-minute class period (which means no cell phones, texting, sleeping, reading the newspaper, studying for another class, listening to music, etc.); also refer to the University/Department policy
- You can drop your lowest three quiz scores at the end of the semester; however, there are no make ups for any quiz, for any reason

In-Class & Homework Assignments

- Complete the posture/movement assessments and exercise workout logs (the instructions for these assignments will be provided in class)
- Organize and write up 5 periodization programs (one for each NASM training phase) for a potential client with the purpose of 1) reducing excess body fat, 2) increasing lean body mass, and 3) enhancing general performance; hand in this 15-page assignment on the announced due date
- Fill in the blanks for Chapter 1-13 in your NASM workbook (which is due the last class period)
- Record the assignments you complete on the class grade sheet, which is due the last class period
- Complete this assignment successfully for 15% of your final grade

Attendance

- To earn a passing grade in this class you must attend at least 80% of the time (which means you can't miss more than 6 class periods for any reason and still earn a passing grade); you should withdraw from the course before the posted university deadline (November 7) if you miss more than 6 times before this deadline; if you fail to withdraw and miss more than 6 times, you will fail the course (unless you qualify for an Incomplete grade; see below)
- If you are a part-time student or on an athletic team (in season or not; senior year or not) that prevents you from attending at least 80% of the time, you should enroll in this course at another time
- During the semester, mark down your attendance on your quiz/attendance sheet; due the last day of class
- Leaving class early for any reason counts as an absence (with the quiz for that day counted as zero)
- At the end of some class periods your instructor will call for an attendance quiz; attendance points can be earned by summarizing what was learned in class on that day and turning in your paper (with the points added to your quiz score total)

Written Examinations

- There are two unit exams (which collectively count for 70% of your final grade)
- Exam 2 is comprehensive and may also cover any material addressed in the first unit
- Both exams consist of multiple-choice questions and will be taken in the Testing Center
- Taking an exam late will result in a penalty of 10% per day unless an acceptable reason (illness, school-related activity, family emergency) is given; to take an exam late (for any reason) you should email your instructor BEFORE the last day of the exam period and explain the reason for missing the exam; all late exams must be taken within 7 days of emailing your instructor
- The schedule for each exam will be announced in class (at least one week before the exam); see the general schedule outlined below

Note: The use of laptop computers are not allowed in ExSc 385

Grading

Daily quizzes	15%
In-class & homework assignments	15%
Written exams 1 & 2	70%

(The final grade is based on the following scale: A = 94–100%, A- = 90–93%, B+ = 87–89%, B = 84–86%, B- = 80–83%, C+ = 77–79%, C = 74–76%, C- = 70–73%, D+ = 67–69%, D = 64–66%, D- = 60–63%, E = 59% or below)

General Schedule

Unit 1: Introduction, postural/movement assessments, flexibility training, core training, balance training, (NASM textbook Chapters 1–13, NASM workbook Chapters 1–13); **Exam 1: Middle of October**

Unit 2: Resistance training, program design concepts; reactive training; SAQ training; cardiorespiratory training; review of Unit 1 (NASM textbook Chapters 1–13, NASM workbook Chapters 1–13); **Exam 2: Middle of December**

Note: The schedule and procedures for this course may be modified; please email your instructor if you have any questions regarding the course schedule

Extra Credit

To boost your grade one-half letter, (from an A- to an A) read the entire NASM textbook and complete the entire NASM workbook (Chapters 1-18) by the last day of class. To earn the extra credit, turn in the summary report which includes a statement that you completed the entire assignment along with a list of the top ten things you learned from doing the assignment

Note: There is no partial credit for this assignment; to earn the extra credit you must read all of the assigned pages and fill out the entire workbook

University/Department Policy

Academic Honesty

The first injunction of the BYU Honor Code is the call to “be honest.” Students come to the university not only to improve their minds, gain knowledge, and develop skills that will assist them in their life’s work, but also to build character. President David O. McKay taught that “character is the highest aim of education” (*The Aims of a BYU Education*, p. 6). It is the purpose of the BYU Academic Honesty Policy to assist in fulfilling that aim. BYU students should seek to be totally honest in their dealings with others. They should complete their own work and be evaluated based upon that work. They should avoid academic dishonesty and misconduct in all its forms, including but not limited to plagiarism, fabrication or falsification, cheating, and other academic misconduct.

Preventing Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU’s policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 801-422-5895 or 801-367-5689 (24-hours); or contact the Honor Code Office at 801-422-2847.

Students with Disabilities

Brigham Young University is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC) Office (801-422-2767). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the SSD Office. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policies and procedures. You should contact the Equal Employment Office at 801-422-5895, D-285 ASB.

Diversity

A classroom is similar to the workplace. In the workplace, it is illegal to discriminate based on race, color, religion, gender, national origin, disability, or age. Furthermore, we believe Christ would never belittle anyone based on their race, color, religion, gender, national origin, disability, or age. Therefore, we feel strongly that no one in a classroom should be belittled for any reason. If you experience such an offense in any class in this Department (caused either by the instructor or a fellow student), we strongly encourage you to contact the Department Chair.

Dress and Grooming

“The dress and grooming of both men and women should always be modest, neat, and clean consistent with the dignity adherent to representing The Church of Jesus Christ of Latter-day Saints and any of its institutions of higher education.” Students understand and have committed to obey this policy, thus instructors or other students should never be placed in the uncomfortable situation of having to remind someone of adhering to the sacred honor they have pledged.

Cell Phones

Students are not allowed to use cell phones in classes. Please turn them off as you enter the classroom and keep them stored out of sight in your backpack, purse, or pocket.

Incomplete Grades

An incomplete grade may be given for nonacademic extenuating circumstances (serious illness, personal injury, death in the immediate family, etc.) that arise after the discontinuance deadline (the twelfth week of a semester). The student must have attended up until the discontinuance deadline and be passing the class. Students whose extenuating circumstances as mentioned above arise after the withdraw deadline but before the twelfth week of a semester or the sixth week of a term should immediately petition for an official withdrawal with the Petitions Office. An incomplete grade is only given when a student can complete the remaining work on an individual basis with the instructor. For some special instances, such as a lab class, attendance may be required for the portion of the class or lab section missed. Re-registration or “sitting in” the course is not permitted to make up the incomplete grade.