

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
		08-90K	AP-4/14/09	App-4/28/09

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

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Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

1. Course Proposals (check all that apply) ☒ New Course ☐ Course Prefix Change ☐ Course Deletion ☐ Course Revision ☐ Course Number and/or Title Change ☐ Catalog Description Change		
<u>Current</u> Course prefix, number and full title		HPED286 Strength/Personal Training Practicum <u>Proposed</u> course prefix, number and full title, if changing
2. Additional Course Designations: check if appropriate ☐ This course is also proposed as a Liberal Studies Course. ☐ Other: (e.g., Women's Studies, Pan-African) ☐ This course is also proposed as an Honors College Course.		
3. Program Proposals ☐ New Degree Program ☐ Program Title Change ☐ Program Revision ☐ New Minor Program ☐ New Track ☐ Other		
<u>Current</u> program name		<u>Proposed</u> program name, if changing
4. Approvals		Date
Department Curriculum Committee Chair(s)		
Department Chair(s)	Signatures on 08-90a	
College Curriculum Committee Chair		
College Dean		
Director of Liberal Studies *		
Director of Honors College *		
Provost *		
Additional signatures as appropriate: (include title)		
UWUCC Co-Chairs	Gail S Sedquist	4-14-09

* where applicable

Received

APR 02 2009

Liberal Studies

SYLLABUS OF RECORD

HPED 286 Strength/Personal Training Practicum

1 class hours

1 lab hour

2 credits

Prerequisite: PESP/Exercise Science Majors

(1c-1l -2cr)

I. Course Description

Provides theoretical knowledge of leadership skills necessary to design, implement and evaluate safe and effective personal training programs. Emphasis will be placed on individualized fitness instruction and the development of training programs for cardiovascular and strength. Observations within the field will be available as well as opportunities to apply introductory concepts of exercise training through practical application.

II. Course Outcomes

Students will be able to:

1. Conduct a systematic assessment to obtain subjective and objective information about clients.
2. Assess pre-activity levels on individual clients and utilize results to personalize a fitness training program.
3. Provide scientific rationale for the use of an integrated flexibility program utilizing various types of flexibility exercises.
4. Design and implement a core-training program for apparently healthy clients and those with a variety of stable, chronic diseases.
5. Design a speed, agility, and quickness training program for apparently healthy clients and those with a variety of stable, chronic diseases.
6. Develop plyometrics and periodization training programs and integrate into an overall program designed to increase strength.
7. Modify exercise program design for clients with a variety of muscular-skeletal disorders as well as other co-morbid conditions including cardiac, pulmonary and metabolic conditions.

III. Detailed Course Outline

A. Course Overview

1. Historical Perspective of Profession (2 hours)
2. Career Tracks
3. Industry Statistics

B. Interpersonal Skills

1. Attaining & Retaining Clients (3 hours)
2. Client Consultation
3. Individual Motivation

- C. Educational Approach to Personal Training (4 hours)
 - 1. Establishing Goals and Objectives
 - 2. Behavior Change
 - 3. Application of Learning Theories
 - 4. Application of Learning and Teaching Styles
- D. Organizing a Personalized Exercise Program (3 hours)
 - 1. Screening and Evaluation
 - 2. Functional Anatomy (postural assessment)
 - 3. Training Concepts (stabilization, strength, power)
- E. Program Design (6 hours)
 - 1. Program Sequence (general, periodization, pyramids)
 - 2. General Fitness
 - 3. Weight Management
 - 4. Functional Training
 - 5. Balance Training
 - 6. Plyometrics
 - 7. Speed & Agility Training
 - 8. The Art of Modifications/Variations
- F. Midterm Exam (1 hour)
- G. Special Populations (5 hours)
 - 1. Obesity
 - 2. Diabetes
 - 3. Cardiorespiratory (cardio/pulmonary rehab)
 - 4. Low Back Pain
 - 5. Neurologic Issues
- H. Program Safety (2 hours)
 - 1. Injury Prevention
 - 2. Emergency Procedures
 - 3. Equipment Selection
- I. The Business of Training (3 hours)
 - 1. Business Basics
 - 2. Legal and Professional Responsibilities
- J. Practical experience with client (6 hours outside classroom hours)
- K. Final Exam- during Final Exam Week (1 hour)

IV. Evaluation Methods

Evaluation of the student will consist of:

20% Observations (2) of Certified Personal Trainers. Students will be required to go off campus to observe two certified personal trainers

practicing in two different fitness settings. Students will also be required to submit two written reaction papers to these observations.

10% Students will be assigned reading assignments from a variety of professional sources for class discussion. Grades will be based upon discussion or writing assignments from these readings.

40% Personal Training Client (6 One Hour-Weekly Sessions)
Students will be assigned a client to personal train over six, one hour sessions outside of class. This will include a pre-activity fitness assessment, exercise prescription and programming suggestions.

30% Students will have one midterm and one final examination. These exams will consist of case studies based upon situational client scenarios.

V. Example Grading Scale

A $\geq$ 90% B: 80% to 89% C: 70% to 79% D: 60 % to 69% F: < 60%

VI. Undergraduate Course Attendance Policy

The University expects all students to attend class. Attendance will be taken every class. University policy recognizes the need to miss class because of illness or personal emergencies. Students will be allowed total excused absences equivalent to the number class credit hours. Only students with an excused absence will be allowed to make up any missed work. Unexcused absences on exam days will result in a zero score for the exam or quiz. Students with excused absences will be given a separate exam.

VII. Required Text

NASM Essentials of Personal Fitness Training. National Academy of Sports Medicine. 3rd Edition. Lippincott Williams & Wilkins, 2008.

Recommended Text

ACSM's Guidelines for Exercise Testing and Prescription.

American College of Sports Medicine, 7th edition, Lippincott Williams Wilkins, 2006.

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. American College of Sports Medicine, 5th Edition, Lippincott Williams & Wilkins, 2006.

VIII. Special Resource Requirements

1. Students are expected wear professional attire when meeting with clients. Suggested clothing consists of khaki pants or athletic pants and an IUP polo shirt or collared shirt.
2. Students are expected to go off campus to complete their professional observations of certified personal trainers.

IX. Bibliography

ACSM's *Resources for the Personal Trainer*. American College of Sports Medicine. 2nd edition, Lippincott Williams & Wilkins, 2007.

ACSM's *Health/Fitness Standards and Guidelines*. American College of Sports Medicine, 2nd edition, Lippincott Williams & Wilkins, 2008.

ACSM's *Guidelines for Exercise Testing and Prescription*. American College of Sports Medicine, 7th edition, Lippincott Williams & Wilkins, 2006.

ACSM's *Resource Manual for Guidelines for Exercise Testing and Prescription*. American College of Sports Medicine, 5th edition, Lippincott Williams & Wilkins, 2006.

Baechle, T.R., Earle, R.W. *Essentials of Strength and Conditioning*. 2nd edition Human Kinetics. 2000.

Fleck, S.J., Kraemer, W.J. *Designing Resistance Training Programs*. 2nd edition. Human Kinetics, 1997.

Plummer, T.R. *The Business of Fitness*. Healthy Learning. 2003.

Professional Journals:

ACSM Health and Fitness Journal, Lippincott, Wilkins & Williams

The Journal of Strength and Conditioning, Lippincott, Wilkins & Williams

IDEA Fitness Journal, Lippincott, Wilkins & Williams

Course Analysis Questionnaire

A. Details of the Course

- A1. This course is designed for exercise science majors in their sophomore year. This course is not intended to be a Liberal Studies course.
- A2. This course does not require changes in any other course in the department.
- A3. This course has been offered as 281 Personal Training/Strength Practicum in Spring, 2008. Thirteen students were enrolled.
- A4. This course is not intended to be dual level.
- A5. This course is not to be taken for variable credit.
- A6. Similar course are offered at the following institutions, among others:
Slippery Rock University: ERS 377-Exercise Leadership-Strength Fitness
University of Pittsburgh: HPA 1233 Principles of Strength & Conditioning
- A7. The skills and content of this class are part of the overall knowledge, skills, and abilities required as part of program accreditation.

B. Interdisciplinary Implications

- B1. This course will be taught by one instructor.
- B2. The content of this course does not overlap with any other at the University. The course content is specific to the opportunities for exercise science majors within the professional field.
- B3. This course is not cross-listed.

C. Implementation

- C1. Current faculty resources are adequate.
- C2. Other resources:
 - a. Current space allocations include a classroom and the James Mill Fitness Center in Zink Hall. Current space allocations are adequate to offer this course.
 - b. The exercise equipment and supplies within the James Mill Fitness Center are needed for this course.
 - c. Laboratory supplies from the Center for Health Promotion located in Zink Hall will be used for this course.
 - d. Library holdings are adequate.
 - e. The Department will need to budget funds to defray the expenses associated

with a site visit field trip to Pittsburgh.

- C3. The current resources for this course are not funded by a grant.
- C4. This course will be offered the Fall and Spring semesters.
- C5. One section will be offered at a time.
- C6. The course should be limited to 24 students per semester due to the practical nature of the course.
- C7. No professional society recommends enrollment limits or parameters for this course.
- C8. This course does not involve the use of distance education.

D. Miscellaneous

No additional information is necessary.

Part III. Letters of Acknowledgement

(None)