

Santa Ana College Kinesiology Division

KNPR 202: Introduction to Personal Training

OFFICE: O-104

INSTRUCTOR: Tom Nilles

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COURSE #: 02062

EMAIL: nilles_tom@sac.edu

ROOM: rsccd.instructure.com & NASM.org

OFFICE HOURS: *TBD*

Course Description:

Students will learn about the essentials to personal fitness training. Students will be introduced to the human movement system, the Optimum Performance Training (OPT) model and other domains of basic exercise science; assessment; exercise technique and training instruction; program design; considerations in nutrition; client relations and behavioral coaching; and professional development, practice, and responsibility. CSU/UC

Textbook Information:

NASM Essentials of Personal Fitness Training, 7th Edition (ISBN: 978-128-420088-1). Jones & Bartlett Learning.

It is required that you buy this book from our campus bookstore, the cost is about \$120. Purchase of the text from our bookstore gets you a textbook, digital copy of the text and access to the NASM CPT-Self Study coursework.

Purchase of the text book from our book store also gets you a discount of \$200 on the NASM CPT exam. Upon purchase of a new text from our campus bookstore, I will be notified and provide you with directions and an access code to the material. To ensure that there are no delays in you gaining access to the material please retain the receipt of you purchase (in case I need to verify its authenticity).

You will be required to have access to the NASM CPT Self-Study course in order to complete the assignments for this class.

Course Learning Objectives:

- Define the components of the human movement system.
- Describe the structure and function of the cardiovascular and respiratory systems.
- Understand the essential methods of how the body produces energy.
- Understand biomechanics and have knowledge of biomechanical terminology.
- Define and comprehend the rationality of an integrated fitness assessment.
- Define and describe the components associated with cardiorespiratory training.
- Understand the importance of core training, balance training, resistance, reactive training, and speed, agility, and quickness training.

Santa Ana College Kinesiology Division

- Define and describe the cause and symptoms of selected chronic health conditions.
- Understand the importance of macronutrients and supplementation and their functions.
- Describe the characteristics of a positive client experience and customer service.

Student Learning Objectives:

Upon completion of this course, students will be able to do the following:

1. Upon completion of KNPR 202 the student will be able to explain the biomechanics of movement patterns in the human body.
2. Upon completion of KNPR 202 the student will be able to explain the principles behind program development for strength and cardiovascular training.

Course Content:

- The Scientific Rationale for Integrated Training
- Basic Exercise Science
- The Cardiorespiratory System
- Exercise Metabolism and Bioenergetics
- Human Movement Science
- Fitness Assessment
- Flexibility Training Concepts
- Cardiorespiratory Fitness Training
- Core Training Concepts
- Balance Training Concepts
- Plyometric (Reactive) Training Concepts
- Speed, Agility, and Quickness Training
- Resistance Training Concepts
- Integrated Program Design and the Optimum Performance Training™ (OPT™) Model
- Introduction to Exercise Modalities
- Chronic Health Conditions and Physical or Functional Limitations
- Nutrition
- Supplementation
- Lifestyle Modification and Behavioral Coaching
- Developing a Successful Personal Training Business

Course Evaluation

90-100% = A

80-89% = B

70-79% = C

60-69% = D

0-59% = F

Santa Ana College Kinesiology Division

Course Site

Our course can be accessed on the [RSCCD Canvas](#) webpage. You can access our Canvas course from this site from home, the library or the student labs at SAC. There is also a Canvas mobile app for both Android and iOS if you choose to download it (standard data usage fees will apply). When you have officially enrolled in the class and the course has been made available to students, you will have access on the Canvas site. It is your responsibility as a student to monitor the Canvas course and complete all assignments in a timely manner. Students are expected to log into the course at least every two days.

You will also be required to access the [NASM CPT Self-Study](#) course (which you can access upon purchase of a new text from our bookstore) in order to complete all the coursework. The NASM website can be navigated on all major operating systems including mobile devices and tablets. Remember, you will need to have purchased a new text from our campus bookstore for access to the NASM material.

Communication:

Personal Correspondence:

The primary course of communication for personal questions or concerns will be through the inbox found in the course page. Be sure to include your full name as it appears on the class roster, the name and section number for the class that you are writing about and the subject of your inquiry in the subject line (e.g. John Doe, KNPR-202-72665, Quiz #5 question).

In general, I will respond to emails within 24 hours between Monday 8 am and Friday 4 pm if they have all the required information in the subject line. Emails received over the weekend will be answered on Monday. Emails that do not have the correct information in the subject line could be delayed.

Course Questions:

For general questions about assignments, course content or other similar, non-personal matters please check “General Course Questions” found in our Canvas course page in the discussion board. If the answer to your question cannot be found on the discussion board, *please post your question there*. I will check the board at least once a day to post answers to questions during the school week.

Deadlines:

All assignments, online quizzes and discussion boards must be completed and submitted by Sunday at 11:59 p.m. in order to receive full credit unless otherwise noted. Initial posts in the discussion board must be submitted by Wednesday of the week it is due. I will **NOT** accept late work unless discussed and agreed upon prior to the due date of the assignment(s).

Santa Ana College Kinesiology Division

Plagiarism and Academic Honesty Policy

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty. Any student caught participating in any of the fore mentioned activities will receive a zero on that assignment and I reserve the right to pursue further sanctions with Santa Ana College. You should familiarize yourself with the Academic Honesty Policy of Santa Ana College and contact me if you have any further questions.

Attendance & Participation Policy

Attendance for this course is mandated by the state. A student may be administratively dropped from this class as a no-show if they do not complete the "first assignments," which can be found in the course information module, by the due date **8/29/21 at 11:59 p.m.** Students that do not participate in the class discussion board will be considered "absent" and may be dropped from the course for excessive absence (which is two consecutive weeks of non-participation as observed by the instructor).

No Show Drop:

For this course, the student must complete the following assignments by Sunday 8/29/21 at 11:59 p.m. or they will be dropped as a "No Show":

1. Send your instructor an email from the inbox link found in the Canvas Global Navigation Menu with the following in the subject: *KNPR 202-YOUR NAME (as it appears on the class roster)*.
2. *Read the syllabus and complete the course orientation quiz.*
3. *Post a new thread in the week 1 discussion board, "Meet & Greet. Follow the instructions listed and make sure to reply to TWO of your classmates.*

Noteworthy:

- It is the student's responsibility to drop all classes in which he/she is no longer participating
- It is the student's responsibility to drop all classes in which he/she is no longer attending
- It is the instructor's discretion to withdraw a student after the add/drop deadline, as stated in the course schedule, you will receive a letter grade after the deadline.

Santa Ana College Kinesiology Division

- If you have an emergency please communicate with me so that we can make arrangements if I see fit.

Students With Disabilities

Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact Disabled Student Programs & Services, so that we can all collaborate on your classroom accommodations in a timely manner. DSP&S is located in VL-204 and their phone number is 714-564-6264. The DSPS office requires documentation of your disability in order to receive reasonable accommodations. If you do not have documentation they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

Learning Resource	Learning Objectives
Chapter 1	<ul style="list-style-type: none">• Explain the history of the profession of personal training.• Identify common characteristics of personal training clients.• Demonstrate an understanding of the principles of integrated exercise program design.• Describe the Optimum Performance Training (OPT™) model.
Chapter 2	<ul style="list-style-type: none">• Define the components of the human movement system (kinetic chain).• Explain the basic structure and function of:<ul style="list-style-type: none">o the nervous systemo the skeletal systemo the muscular systemo the endocrine system• Describe how these systems respond and adapt to exercise.
Chapter 3	<ul style="list-style-type: none">• Describe the structure and function of the cardiovascular and respiratory systems.• Explain how each of these systems relates to human movement.• Describe how the cardiovascular and respiratory systems work in unison.• Explain the influence that dysfunctional breathing can have on the human movement system.
Chapter 4	<ul style="list-style-type: none">• Describe the primary methods of how the body produces energy for exercise.• Differentiate between aerobic and anaerobic metabolism.• Distinguish which energy pathways predominate for various intensities and durations of exercise.• Understand the interaction of carbohydrate, fat, and protein as fuels for exercise.• State the differences in the energy use during steady state and exhaustive exercise.

Santa Ana College Kinesiology Division

	<ul style="list-style-type: none">• Discriminate between the energy requirements of steady state versus intermittent exercise.• Describe basic training-induced adaptations in energy production.
Chapter 5	<ul style="list-style-type: none">• Explain the concept of functional multiplanar biomechanics including basic biomechanical terminology.• Describe how muscle actions and outside forces relate to human movement.• Explain the concepts of motor learning and motor control as they relate to exercise training
Chapter 6	<ul style="list-style-type: none">• Explain the components of and rationale for an integrated fitness assessment.• Understand how to administer a health history questionnaire and then from that be able to stratify a client's overall risk for fitness assessment.• Understand the importance of posture, how it relates to movement observation, and how to assess it.• Understand how to perform a comprehensive health-related fitness assessment, obtain subjective and objective information about clients, and how to use the information collected to help design an exercise program.
Chapter 7	<ul style="list-style-type: none">• Explain the effects of muscle imbalances on the human movement system (kinetic chain).• Provide a scientific rationale for the use of an integrated flexibility training program.• Differentiate between the various types of flexibility techniques.• Perform and instruct appropriate flexibility techniques for given situations.
Chapter 8	<ul style="list-style-type: none">• Define and describe the components associated with cardiorespiratory training.• Describe how various physiologic systems respond and adapt to cardiorespiratory training.• Describe the health-related benefits associated with cardiorespiratory fitness.• Describe current guidelines and recommendations for prescribing safe and effective cardiorespiratory exercise to apparently healthy individuals.• Describe how to design and implement cardiorespiratory training programs to a variety of clients using an individualized approach.• Instruct clients on how to perform safe and effective cardiorespiratory exercise.
Chapter 9	<ul style="list-style-type: none">• Understand the importance of the core musculature.• Differentiate between the stabilization system and the movement system.• Discuss the importance of core training.• Design a core training program for clients at any level of training.• Perform, describe, and instruct various core training exercises.
Chapter 10	<ul style="list-style-type: none">• Define balance and describe its role in performance and injury risk.• Discuss the importance of balance training.

Santa Ana College Kinesiology Division

	<ul style="list-style-type: none">• Design a progressive balance training program for clients in any level of training.• Understand and incorporate the principles of selected research outcomes when designing a balance training program.• Perform, describe, and instruct various balance training exercises.
Chapter 11	<ul style="list-style-type: none">• Define plyometric (reactive) training and describe its uses.• Discuss the importance of plyometric training.• Design a plyometric training program for clients at various levels of fitness.• Perform and instruct various plyometric training exercises.
Chapter 12	<ul style="list-style-type: none">• Define and describe speed, agility, and quickness training and its purpose.• Discuss the importance of speed, agility, and quickness training for a variety of populations.• Design a speed, agility, and quickness training program for clients at any level of training.• Perform, describe, and instruct various speed, agility, and quickness training exercises.
Chapter 13	<ul style="list-style-type: none">• Describe the stages of the general adaptation syndrome.• Define and describe the principle of adaptation and specificity.• Define stability, muscular endurance, muscular hypertrophy, strength, and power.• List and define the various stages of strength and training systems.
Chapter 14	<ul style="list-style-type: none">• Define and describe the acute training variables within the Optimum Performance Training (OPT™) model.• Describe the phases within the OPT model.• Design programs for each phase of training.
Chapter 15	<ul style="list-style-type: none">• Define and describe the safe and effective use of selected exercise training methods, including various forms of resistance and proprioceptive modalities.• Describe how these exercise training modalities can safely and effectively be incorporated into a training program for a variety of clients.• Describe how these exercise training modalities can be systematically used within the Optimum Performance Training (OPT™) Model
Chapter 16	<ul style="list-style-type: none">• Define and describe the cause and symptoms of selected chronic health conditions.• Describe the characteristics of selected health and age-related physical and functional limitations to exercise.• Recognize how the conditions discussed in this chapter affect exercise training variables within the OPT™ model.• Recognize how acute and chronic responses to exercise vary in clients with chronic health conditions or physical or functional limitations compared with apparently healthy clients.• Describe how to modify program design for clients with chronic health and physical or functional limitations.

Santa Ana College Kinesiology Division

Chapter 17	<ul style="list-style-type: none">• Describe the macronutrients and their functions.• Describe how the macronutrient composition of an individual's food intake can affect satiety, compliance, daily energy expenditure, and weight control.• Provide basic nutritional recommendations for optimizing health.• Answer questions, handle issues, and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition.
Chapter 18	<ul style="list-style-type: none">• Define what dietary supplements are and describe the various classes and uses of them.• Understand basic supplemental recommendations for optimizing health.• Respond to questions about dietary supplements based on objective, scientific facts.• Define the term ergogenic and common substances used to enhance performance.
Chapter 19	<ul style="list-style-type: none">• Describe the characteristics of a positive client experience.• Understand the stages of change model.• Describe characteristics of what effective communication skills are.• Describe the elements of effective SMART goal-setting techniques.
Chapter 20	<ul style="list-style-type: none">• Describe the qualities and characteristics of uncompromising customer service.• Describe strategies for finding an ideal workplace.• Understand the process for writing a resume.• Understand the four Ps of marketing.• Understand basic membership sales techniques, including strategies for solicitation of new sales and how to close sales.
Appendix E	<ul style="list-style-type: none">• Review fitness assessment considerations.• Review concepts for program design.• Describe hydration concepts.• Identify fitness technologies and trends.• Describe behavior change strategies for client results.• Describe exam taking best practices and preparation.