



TEXAS A&M
UNIVERSITY
CENTRAL TEXAS™

COURSE SYLLABUS

EPHP 3307 PRINCIPLES OF PERSONAL TRAINING: FALL 2021

COURSE DATES, MODALITY, AND LOCATION

This course is offered in a hybrid format meeting on campus one day per week and online through the Texas A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Dates/Times: Tuesdays from 11:00am – 12:15pm. Students have the choice when to complete course work within the framework and specified due dates set by the instructor. Some assignments may be completed and/or due during scheduled class time such as laboratory assignments.

Location: Warrior Hall 312 and Online

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Dr. Chris Poole

Office: Warrior Hall, 322Q

Phone: (254) 519-5794

Email: poole33@tamuct.edu

Office Hours: Tuesday 1-4pm and Wednesday 9am-2pm

I am also available to meet via Zoom if a face-to-face meeting is desired most days of the week. Please email me (poole33@tamuct.edu) to set up a time.

Mode of instruction and course access:

The delivery of the course content will be delivered using an in person and online model (hybrid class). Students will need internet access and a computer and/or smart phone to access all course material and to complete all required assignments for the course. Students will be exposed to online lectures, reading assignments, and quizzes to facilitate lower levels of learning (i.e. knowledge, remembering and understanding) Higher levels of learning (application, analyzing, and evaluation) intended to guide assimilation of that content into practice will be explored through discussions/video demonstrations and exam questions. Class time will be devoted to supplementing lectures and to complete laboratory assignments that will apply key concepts and principles. Students are expected to be active participants in the learning process.

This course uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Student-instructor interaction:

Students are encouraged to use email as the primary method to contact the course instructor. I will usually respond within 24 hours to any student emails sent between normal business hours Monday-Friday. Please see Office Hours section for information regarding face-to-face meetings.

WARRIOR SHIELD**Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by 911Cellular [<https://www.tamuct.edu/police/911cellular.html>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

Fall 2021 Return to Campus Plan. For the most recent campus information regarding COVID-19 see the Texas A&M University-Central Texas [Fall 2021 Return to Campus Plan](https://www.tamuct.edu/covid19/) [<https://www.tamuct.edu/covid19/>]

COURSE INFORMATION

Course Description: This course will provide the scientific foundation and practical skills necessary to prepare students for the personal training field and the American College of Sports Medicine's (ACSM) personal training certification exam.

Student Learning Outcomes:

1. Articulate the scientific basis of lifestyle and behavior modification. **(PLO: 1)**
2. Explain the basic skills and competencies in personal training technique and evaluation. **(PLO: 1,2,3)**
3. Develop a safe and effective exercise program for a healthy adult population. **(PLO: 2)**
4. Identify current trends in the personal training field and analyze their efficacy in a science-based, personal training setting. **(PLO: 1,2,3)**

Program Level Outcomes:

1. Articulate the fundamental principles of exercise science and nutrition.
2. Prescribe individualized exercise and nutritional interventions.
3. Analyze current trends in exercise science.

Required Textbook:

ACSM's Resources for the Personal Trainer, 5th Edition (2018). Wolters Kluwer 2018. ISBN #: 9781496322890

Course Requirements:

Exam- Exam may consist of multiple-choice, true/false, short answer, and essay questions to assess lower and higher levels of knowledge. There may also be an in-person oral piece to the exam that requires students to demonstrate laboratory competencies. The instructor holds the decision of where the students are permitted to take the exams, whether it be in the classroom during scheduled meeting times or at another location.

EXAMINATION ATTENDANCE

All examinations must be taken on the date and at the time scheduled by the course coordinator. ***Any student missing a scheduled exam will receive a 0 for that exam.*** In the cases of extenuating circumstances, the student may petition for delayed or early examination. (Note: the early option is only available for written examinations). Requests for an alternate examination period need to be submitted electronically to the course coordinator at least ***14 days in advance of the scheduled exam.***

For unanticipated events (illnesses, car accident, etc.), students should notify the course coordinator by email and by phone as soon as feasible. Appropriate documentation (Doctor's note etc.) at the discretion of the course coordinator will need to be provided before an examination is re-scheduled.

EXAMINATION POLICY

The following items are not allowed during testing:

- Breaks / Bathroom breaks (If student needs to leave the classroom for any reason (including to use the bathroom) they must submit their exam whether or not it is completed)
- Book bags, handbags or any other bag of materials (bags to be placed in the front or side of the testing room)
- No food or drink on the desk or in the surrounding area
- No technology / electronic devices other than the computer used for testing (only if the exam is given through a computer-based program). This includes smart watches, cell phones, tablets, PDAs, etc.
- No hats or other large accessories
- No earphones / headphones

The following items may only be used as indicated by the course instructor and must be turned into the faculty upon completion of the examination:

- Blank sheet of paper (checked prior by instructor)
- Pen/pencil used to write on paper (checked prior by instructor)
- Ear plugs (checked prior by instructor)

Quizzes- Quizzes will consist of multiple-choice questions to assess lower levels of knowledge as a foundation for exploring practical application of concepts and topics.

Exercise Demonstrations and Client Training (Labs)- Students will be assessed on their ability to effectively demonstrate various exercise techniques as in a personal training scenario. Students will also be required to effectively train a client (possibly fellow classmate) through a

partial or full personal training session. Students will be required to effectively communicate, demonstrate, correct technique, provide safety, and motivate client appropriately.

Research Article Critiques- Students will be required to complete two article critiques based on scholarly journal articles covering current trends in the field of personal training. Students will write a one-page critique demonstrating their understanding of the article, how the topic relates to the class, and how the topic can be applied in a practical scenario.

GRADING POLICY: The student will be graded as follows:

| <u>Item</u> | <u>Weight</u> |
|------------------------------|-------------------|
| Exam | 100 points |
| Quizzes (6) | 90 points |
| Labs/Discussion (6) | 90 points |
| <u>Article Critiques (2)</u> | <u>20 points</u> |
| Total | 300 points |

Letter Grade Conversion

270 – 300 points (90% - 100%) = A

240 – 269 points (80% - 89%) = B

210 – 239 points (70% - 79%) = C

180 – 209 points (60% - 69%) = D

Below 180 points (< 60%) = F

Grading Criteria Rubric and Conversion

Specific rubrics to be used for grading will be made available when the assignment is posted.

Posting of Grades

- Grades for assignments, quizzes, exams, and projects will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
- All assignments, quizzes, exams, and projects will be graded within 1 week of the due date, unless otherwise specified by the professor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

COURSE SCHEDULE: 1ST 8-WEEK TERM

WEEK 1 – August 23 – August 27

- SYLLABUS
 - Read syllabus and watch course introduction
- TASKS/ASSIGNMENTS
 - Read Chapters 9 & 10 (Eliciting Positive Perceptions/Behaviors & Client Consultation)

- Watch Video(s)
- Complete Quiz

WEEK 2 – August 30 – September 3

- TASKS/ASSIGNMENTS
 - Read Chapters 13 & 18 (Program Design & Session Components)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab prep

WEEK 3 – September 6 – September 10

- TASKS/ASSIGNMENTS
 - Read Chapter 14 (Resistance Training Programs)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab prep
 - Article Critique #1 Due

WEEK 4 – September 13 – September 17

- TASKS/ASSIGNMENTS
 - Read Chapter 15 (Cardiorespiratory Training Programs)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab Prep

WEEK 5 – September 20 – September 24

- TASKS/ASSIGNMENTS
 - Read Chapter 16 (Flexibility Training Programs)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab prep

WEEK 6 – September 27 – October 1

- TASKS/ASSIGNMENTS
 - Read Chapter 17 (Functional Movement Assessments)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab prep
 - Article Critique #2 Due

WEEK 7 – October 4 – October 8

- TASKS/ASSIGNMENTS
 - Read Chapter 19 (Advanced Program Options)
 - Watch Video(s)
 - Complete Quiz
 - Complete Discussion/Lab prep

WEEK 8 – October 11 – October 15

- TASKS/ASSIGNMENTS
 - Complete Written Exam
 - Complete Lab portion of Exam

Important University Dates:

- August 25, 2021 – Deadline for Add, Drop, and Late Registration for the First 8-week Term
- August 30, 2021 – Deadline to Drop First 8-week classes with no record
- October 1, 2021 – Deadline to Drop First 8-week classes with a Quit (Q) or Withdraw (W)

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system.

We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](#), [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a report](#), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our [Access & Inclusion](#) Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html) [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

University Writing Center: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University-Central Texas (A&M-Central Texas) is a free service open to all A&M-Central Texas students. For the Fall 2021 semester, the hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing,

our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WOnline at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor by making an appointment via WOnline at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 400,000 eBooks and 82,000 journals, in addition to the 96,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [<http://tamuct.libguides.com/index>].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if

someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [<https://www.tamuct.edu/compliance/titleix.html>].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/bit) website for more information [<https://www.tamuct.edu/bit>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

INSTRUCTOR POLICIES.

CLASSROOM USE OF ELECTRONIC DEVICES

Unauthorized and/or distracting use of electronic devices will not be tolerated in the classroom. Electronic devices include, but are not limited to, computers, cell phones, pagers, smart watches, and Tablets. Examples of unauthorized use include: "Instant-Messaging"; inappropriate internet browsing/surfing; playing games; talking on cell phones; e-mailing. Students are expected to turn off audio notification for cell phones and pagers. ***A student who engages in distracting or unauthorized use of electronic equipment in class is considered to be in violation of the MU DPT professional behaviors and will be asked to immediately leave class.*** Being dismissed from class will count as an absence. Further sanctions will be applied for repeat offenses.

COMPUTER ISSUES

Many students utilize personal laptops or tablets for note and examination taking, and for submitting assignments electronically to Canvas or other online programs. If a student should have issues regarding submission of assignments due to technical computer issues (i.e. computer malfunction, network outage, etc.), the student is responsible for submitting the assignment on time. They should email or phone their course instructor to notify them of the issue and attempt to submit the assignment via email or other means as decided by the course instructor. Submission of a late assignment due to technical computer issues as described

above will follow the Late Work Policy. No exceptions will be made for technical problems involving the internet, email, or Canvas.

If a student has technical issues and requires an additional computer/laptop for examination, it is their responsibility to notify the course instructor to attain the necessary equipment. Notification should be given at least 24 hours prior to the examination date/time, if possible.

LATE WORK

Students should turn assignments in by their due date and time as indicated by the course instructor or syllabus. In the event that assignments are turned in after the appropriate designated date/time without prior approval by the course instructor, the following course policy applies:

- On the first offense, the student will receive a decrease in their grade on the assignment by one letter grade in addition to any missed points on the assignment.
- On the second late offense, or any thereafter, the student will receive a "0" for the assignment.

No exceptions will be made for technical problems involving the internet, email, or Canvas. Emergency or illness are some of the only exceptions to this policy. All potential exceptions will be dealt with on an individual basis.

EXAMINATION REVIEW

Students will be provided with one opportunity to review their examination. The review will be at the discretion of the course coordinator. Students are not permitted to copy, write, reproduce, photograph or identify in any way examination questions, answers and/or rationale (hard or electronic format) provided during an examination/quiz review and will be considered an honor code violation if done so.

Copyright Notice.

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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