



Texas State University - Campus Recreation
ACE Personal Trainer Certification Prep Course
Syllabus Spring 2019

Course Description: The American Council on Exercise (ACE) Personal Training Certification Prep Course is designed to equip participants with the knowledge and skills needed to sit for the ACE Personal Trainer Certification Exam. Upon successful completion of the program, participants will have demonstrated knowledge and skills in exercise science, human anatomy and physiology, client monitoring, exercise progression and regression, instructional and coaching techniques, program development and design, exercise form and execution, basic nutrition, and motivational cueing among other health and fitness related topics. Full-time degree seeking students who complete the ACE Personal Training Certification Prep Course will be eligible to audition for hire at Texas State University Department of Fitness & Wellness. If hired, nationally recognized personal training certification will be required.

Course Format: Participants will learn the fundamentals of personal training with ACE approved curriculum, including both lecture and movement based instruction and learning in this 9-week course. Participants can expect to be in class three hours per week and commit to at least two hours outside of class to be successful in this course and adequately prepare for the ACE Personal Training Certification Exam. The course is a non-credit, extracurricular opportunity.

Course Dates:

Tuesdays & Thursdays 1:30-3:00PM (Student Recreation Center)
February 12th through April 18th (Class will not meet the week of spring break)

Attendance & Timeliness: Attendance is required for full time degree seeking students interested in employment as a Certified Personal Trainer with the Texas State University Department of Fitness & Wellness. Missed classes, assignments, and quizzes due to a documented family/medical emergency or pre-approved travel can be made up. An absence request must be given to me at least 24 hours in advance. You must arrive on time. Persistent tardiness is equal to absence. You must remain in class for the entire class session. If you need to leave early you must contact the course instructors at least 24 hours in advance. Leaving early without permission is equivalent to an absence.

Course Learning Objectives:

Following the completion of this course, students will be able to:

1. Identify anatomical structures
2. Identify basic contraindications to exercise
3. Describe the role and responsibilities of a certified personal trainer
4. Explain basic principles of exercise physiology
5. Explain the relationship between nutrition and physical wellness and performance
6. Evaluate clients for safe participation in an exercise program
7. Demonstrate proper use of fitness assessment equipment
8. Determine appropriate fitness-assessment practices for a varied population
9. Demonstrate proper exercise technique and form
10. Design safe and effective exercise programs based on client needs and goals

Key topic areas include:

- Human anatomy, exercise physiology, applied kinesiology, and nutrition
- Principles of adherence, motivation, behavior change, and health psychology
- Communication and teaching technique
- The ACE Integrated Fitness Training Model
- Building rapport
- Health and exercise history information assessment
- Functional training: Assessments, programming, and progressions for posture, movement, core, balance, and flexibility
- Physiological assessments
- Resistance training: Programming and progressions
- Cardiorespiratory training: Programming and progressions
- Professional and legal responsibilities, scope of practice, and business strategies for personal trainers
- Special exercise programming topics: Mind-body exercise, special populations, and exercise implications of common musculoskeletal injuries
- Practical learning, with application of materials

Required Materials:

ACE Personal Trainer Manual (5th ed.)(2014)

ACE Personal Trainer Manual Study Companion (2014)

ACE Essentials of Exercise Science for Fitness Professionals (2010)

Requirements for Hire:

- Must hold & maintain Nationally Recognized Personal Trainer Certification
- Must hold & maintain CPR/AED & First Aid certification
- Successful completion of the ACE Personal Trainer Certification Prep Course
- Must complete Blood Borne Pathogen Training, TRACS, and Student Worker Safety Training

PLEASE NOTE: Completion of this course DOES NOT guarantee employment with TXST Campus Recreation. Treat this course like an ongoing interview. Be on time. Ask questions. Actively participate. Demonstrate a willingness to learn. Be teachable. Respect yourself, each other, and your course instructors.