Texas State Campus Recreation

NASM Certified Personal Trainer Course Schedule

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|  | **Required Preparation for Class** | **Class Activities** |
| **Week 1:**  **February 23**  **(In-Person)** | NASM Portal: Chapters 1-5 Review | Movement Assessment  Joint Action & Plane of Motion Activity |
| **Week 2: March 2**  **(Online)** | NASM Portal: Chapters 1-5 Review  Canvas: Benchmarking Assessment | Benchmark Quiz Review  The Fitness Assessment |
| **Week 3: March 9**  **(In-Person)** | NASM Portal: Chapter 6  Canvas: Assessment Activity | Practice Fitness Assessments |
| **Week 4:**  **March 16** | Spring Break (NO CLASS) | Spring Break (NO CLASS) |
| **Week 5:**  **March 23**  **(Online)** | NASM Portal: Chapters 7-13  Canvas: Distortion Pattern Quiz | Distortion Pattern Application Activity |
| **Week 6:**  **March 30**  **(In-Person)** | NASM Portal: Chapters 14-15  Canvas: Program Design Activity | Cuing Types Presentation  Practice Training with Partner |
| **Week 7:**  **April 6**  **(Online)** | NASM Portal: Chapters 16-20 | Communication & Client Education & Inclusive Language & Social Media Training |
| **Week 8:**  **April 13**  **(In-Person)** | NASM Portal: Chapters 16-20  Canvas: Special Population Activity | Training for Special Populations Activity |
| **Week 9:**  **April 20**  **(Online)** | NASM Portal: Review | Final Course Content Review |
| **Week 10:**  **April 27**  **(In-Person)** | NASM Portal: Review | Auditions |