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  |