

Course Outline & Pacing Guide

This outline contains all the sections, tasks, and assignments for this course. It also identifies which tasks should be submitted for a grade and the maximum points possible per assignment, quiz, or exam.

This course was designed to be taken in a linear fashion. Students should initially review the materials under *Course Home* and the *Course Introduction*, then complete Units 1 through 5 in order. Each unit is divided into three sections. These sections should also be completed in the order specified.

With the *Course Introduction*, there are 16 total sections in the course. Each section is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your instructor may also have a set schedule he/she would prefer you to follow. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Assignment	Course Contract	10	
UNIT 1: INTRO TO PERSONAL TRAINING				
Section 1.1 Intro to Personal Training				
1.1	Multimedia Lesson	Intro to Personal Training	n/a	
1.1	Multimedia Lesson	Health & Exercise Professionals	n/a	
1.1	Multimedia Lesson	Becoming a Personal Trainer	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Training Session	Cardio Exercises	10	
1.1	Discussion	Personal Training Career	5	
1.1	Assignment	Certification Options	25	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Quiz	1.1 Quiz	20	
Section 1.2 Health Concepts				
1.2	Multimedia Lesson	What is Health?	n/a	
1.2	Multimedia Lesson	Risk Factors	n/a	
1.2	Multimedia Lesson	Stages of Change	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	

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1.2	Training Session	Chest & Back Exercises	10	
1.2	Discussion	Realms of Health	5	
1.2	Assignment	Risk Factors	25	
1.2	Vocabulary Check	Vocabulary Review	n/a	
1.2	Quiz	1.2 Quiz	20	
Section 1.3 Professionalism				
1.3	Multimedia Lesson	Communication	n/a	
1.3	Multimedia Lesson	Motivation	n/a	
1.3	Multimedia Lesson	Professionalism & Client Relationships	n/a	
1.3	Multimedia Lesson	Ethics	n/a	
1.3	Fieldtrip/Online Links	View Additional Links	n/a	
1.3	Training Session	Biceps & Triceps Exercises	10	
1.3	Discussion	Characteristics of a Personal Trainer	5	
1.3	Assignment	Mission Statement	25	
1.3	Vocabulary Check	Vocabulary Review	n/a	
1.3	Quiz	1.3 Quiz	20	
UNIT 1	Exam	UNIT 1 EXAM	50	
UNIT 2: ASSESSING FITNESS LEVELS				
Section 2.1 Exercise Readiness				
2.1	Multimedia Lesson	The Training Process	n/a	
2.1	Multimedia Lesson	Medical History	n/a	
2.1	Multimedia Lesson	PAR-Q and HHQ	n/a	
2.1	Multimedia Lesson	Goal Setting	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Training Session	Shoulder Exercises	10	
2.1	Discussion	Accomplished Goals	5	
2.1	Assignment	Initial Interview	25	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Quiz	2.1 Quiz	20	
Section 2.2 Cardio & Strength Assessments				
2.2	Multimedia Lesson	Types of Fitness Assessments	n/a	
2.2	Multimedia Lesson	Cardiorespiratory Assessment	n/a	
2.2	Multimedia Lesson	Strength Assessment	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Training Session	Lower Body Exercises	10	
2.2	Discussion	Informal Assessments	5	
2.2	Assignment	Cardio & Strength Assessment	25	
2.2	Vocabulary Check	Vocabulary Review	n/a	

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2.2	Quiz	2.2 Quiz	20	
Section 2.3 Flexibility & Skills Assessments				
2.3	Multimedia Lesson	Flexibility Assessment	n/a	
2.3	Multimedia Lesson	Posture Assessment	n/a	
2.3	Multimedia Lesson	Skills Assessments	n/a	
2.3	Fieldtrip/Online Links	View Additional Links	n/a	
2.3	Training Session	Core Exercises	10	
2.3	Discussion	Fitness Assessments	5	
2.3	Assignment	Flexibility & Skills Assessment	25	
2.3	Vocabulary Check	Vocabulary Review	n/a	
2.3	Quiz	2.3 Quiz	20	
UNIT 2	Exam	UNIT 2 EXAM	50	
UNIT 3: EXERCISE PROGRAMMING				
Section 3.1 Program Design				
3.1	Multimedia Lesson	Analyzing Data	n/a	
3.1	Multimedia Lesson	Formulating a Plan	n/a	
3.1	Multimedia Lesson	Exercise Principles	n/a	
3.1	Multimedia Lesson	Periodized Training	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Training Session	Upper Body Stretches	10	
3.1	Discussion	Functional Fitness	5	
3.1	Assignment	Personal Training Session	25	
3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Quiz	3.1 Quiz	20	
Section 3.2 Implementation				
3.2	Multimedia Lesson	Proper Instruction, Cueing, & Corrections	n/a	
3.2	Multimedia Lesson	Exercise Technique	n/a	
3.2	Multimedia Lesson	Exercise Safety & Equipment	n/a	
3.2	Multimedia Lesson	Progression & Maintenance	n/a	
3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Training Session	Lower Body Stretches	10	
3.2	Discussion	Proper Posture	5	
3.2	Assignment	Cueing & Instruction	25	
3.2	Vocabulary Check	Vocabulary Review	n/a	
3.2	Quiz	3.2 Quiz	20	
Section 3.3 Injury Prevention & Treatment				
3.3	Multimedia Lesson	Injury Prevention	n/a	
3.3	Multimedia Lesson	Joint Injuries	n/a	
3.3	Multimedia Lesson	Common Injuries & Treatments	n/a	

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3.3	Multimedia Lesson	Basic First Aid	n/a	
3.3	Multimedia Lesson	CPR	n/a	
3.3	Fieldtrip/Online Links	View Additional Links	n/a	
3.3	Training Session	Speed & Agility Drills	10	
3.3	Discussion	Dealing with Emergencies	5	
3.3	Assignment	CPR Skills Video	25	
3.3	Vocabulary Check	Vocabulary Review	n/a	
3.3	Quiz	3.3 Quiz	20	
UNIT 3	Exam	UNIT 3 EXAM	50	
UNIT 4: EXERCISE CONSIDERATIONS				
Section 4.1 Sports Considerations				
4.1	Multimedia Lesson	Macronutrients and Hydration	n/a	
4.1	Multimedia Lesson	Supplements and Steroids	n/a	
4.1	Multimedia Lesson	Fad Diets	n/a	
4.1	Multimedia Lesson	Weight Management	n/a	
4.1	Multimedia Lesson	Body Composition	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Training Session	Plyometrics	10	
4.1	Discussion	Fad Diets & Miracle Drugs	5	
4.1	Assignment	Being a Good Consumer	25	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Quiz	4.1 Quiz	20	
Section 4.2 Special Populations				
4.2	Multimedia Lesson	Exercise for Youth	n/a	
4.2	Multimedia Lesson	Exercise for Pregnancy and Post-Partum	n/a	
4.2	Multimedia Lesson	Exercise for the Elderly	n/a	
4.2	Multimedia Lesson	Precautions for Medical Conditions	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Training Session	Jump Rope	10	
4.2	Discussion	Ensuring Safety	5	
4.2	Assignment	Personal Training Plan	25	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Quiz	4.2 Quiz	20	
Section 4.3 Programming Considerations & Modifications				
4.3	Multimedia Lesson	Exercise Modifications	n/a	
4.3	Multimedia Lesson	Environmental Considerations	n/a	
4.3	Multimedia Lesson	Myths & Misconceptions	n/a	
4.3	Fieldtrip/Online Links	View Additional Links	n/a	

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4.3	Training Session	Ball Exercises	10	
4.3	Discussion	Myths & Misconceptions	5	
4.3	Assignment	Exercise Demonstration	25	
4.3	Vocabulary Check	Vocabulary Review	n/a	
4.3	Quiz	4.3 Quiz	20	
UNIT 4	Exam	UNIT 4 EXAM	50	
UNIT 5: BECOMING A PROFESSIONAL				
Section 5.1 Professional & Legal Responsibilities				
5.1	Multimedia Lesson	Professional Responsibilities	n/a	
5.1	Multimedia Lesson	Documentation	n/a	
5.1	Multimedia Lesson	Legal Issues	n/a	
5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Training Session	Resistance Band Exercises	10	
5.1	Discussion	Personal Training Ethics	5	
5.1	Assignment	Skills Training	25	
5.1	Vocabulary Check	Vocabulary Review	n/a	
5.1	Quiz	5.1 Quiz	20	
Section 5.2 Business Development				
5.2	Multimedia Lesson	Starting a Personal Training Business	n/a	
5.2	Multimedia Lesson	Sales	n/a	
5.2	Multimedia Lesson	Marketing	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Training Session	Yoga	10	
5.2	Discussion	Personal Training Business	5	
5.2	Assignment	Business Plan: Goals	25	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Quiz	5.2 Quiz	20	
Section 5.3 Certification & Beyond				
5.3	Multimedia Lesson	Exam Preparation	n/a	
5.3	Multimedia Lesson	Fitness Trends	n/a	
5.3	Multimedia Lesson	Course Conclusion	n/a	
5.3	Fieldtrip/Online Links	View Additional Links	n/a	
5.3	Training Session	Pilates	10	
5.3	Discussion	Moving Forward	5	
5.3	Assignment	Business Plan: Finances	25	
5.3	Vocabulary Check	Vocabulary Review	n/a	
5.3	Quiz	5.3 Quiz	20	
UNIT 5	Exam	UNIT 5 EXAM	50	
FINAL	Exam	COMPREHENSIVE FINAL	100	

