

Personal Trainer Exam Review Course

GENERAL INFORMATION

Course number: _____

Course title: _____

Class meeting times: _____

Units: _____

Prerequisites: _____

Required text: *ACE Personal Trainer Manual*, 3rd edition (2003)

INSTRUCTOR INFORMATION

Instructor: _____

Office: _____

Office hours: _____

Phone: _____

Email: _____

Mailbox: _____

COURSE DESCRIPTION

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

COURSE OBJECTIVES

Upon successful completion of the course, students will be able to:

1. Understand the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction
2. Understand principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility
3. Demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model
4. Demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques
5. Exhibit the communication skills needed in personal fitness instruction

	Course Topics	Text Pages	Master the Manual	Recommended Activities
Week 1	Chapter 1	1–27	1–8	Course Handouts—Math Formulas and Tips
Day 1	Introduction & Exercise Physiology			
Day 2	Exercise Physiology			
Week 2	Chapter 2	29–63	9–20	
Day 1	Human Anatomy			
Day 2	Human Anatomy			
Week 3	Chapter 3	65–112	21–26	
Day 1	Biomechanics & Applied Kinesiology			
Day 2	Biomechanics & Applied Kinesiology			
Week 4	Chapter 4	115–145	27–32	
Day 1	Nutrition			
Day 2	Nutrition			
Week 5	Chapters 5 & 6			
Day 1	Health Screening	149–166	33–38	Quiz 1— Applied Sciences
Day 2	Testing & Evaluation	169–208	39–50	Practice health screens
Week 6	Chapters 6 & 7			
Day 1	Testing & Evaluation	169–208	39–50	Handout— Fitness Assessments Lab Manual
Day 2	Cardiorespiratory Fitness & Exercise	213–245	51–58	Quiz 2— Client Assessment
Week 7	Chapter 8	247–265	59–64	
Day 1	Muscular Strength & Endurance			
Day 2	Muscular Strength & Endurance			
Week 8	Chapter 9	267–302	65–70	
Day 1	Strength Training Program Design			
Day 2	Strength Training Program Design			Practice strength exercises in text (pp. 287–299)

Week 9	Chapter 10	305–322	71–76	
Day 1	Flexibility			
Day 2	Flexibility			Practice flexibility exercises in text (pp. 316–321)
Week 10	Chapter 11	327–342	77–82	
Day 1	Programming for the Healthy Adult			
Day 2	Programming for the Healthy Adult			
Week 11	Chapter 12	345–368	83–88	
Day 1	Special Populations & Health Concerns			Handout— Special Populations Guidelines
Day 2	Special Populations & Health Concerns			
Week 12	Chapters 13 & 14			
Day 1	Principles of Adherence & Motivation	373–387	89–94	Quiz 3— Program Design
Day 2	Communication & Teaching Techniques	389–407	95–100	
Week 13	Chapters 15 & 16			
Day 1	Basics of Behavior Change & Health Psychology	409–422	101–104	
Day 2	Musculoskeletal Injuries	427–437	105–110	Quiz 4— Program Implementation and Adjustment
Week 14	Chapters 17 & 18			
Day 1	Emergency Procedures	439–460	111–118	
Day 2	Legal Guidelines & Professional Responsibilities	465–488	119–124	
Week 15	Written Simulation Problems			
Day 1	Explanation of process; students take home sample problem (“Larry”) for completion			Quiz 5— Professional Role
Day 2	Discussion of “Larry” sample problem; complete sample problem (“Sally”) in class			Handout— Written Simulation Answer Explanations
Week 16	Multiple-choice Problems			Online diagnostic exam
Day 1	Students complete sample test			
Day 2	Discussion of sample test & course review			