

## PDP FT 306 Personal Training Prep Course

Instructor: **Richard Pelosi**

Email: rpelosi@bu.edu

Phone: 617-353-0627

Meets twice per week: 2.0 Credit

### Course Description:

The Personal Training Certification prep class will help you prepare to take the National Strength and Conditioning Association (NSCA-CPT) Certified Personal Trainer Examination. You will learn how to design safe and effective exercise programs and provide the guidance to help clients achieve their personal health and fitness goals. Course includes practical and theoretical seminars in basic anatomy and exercise physiology, fitness evaluation, exercise program design, nutrition, teaching methods, and safety issues. **Class fees include study materials and text.**

### Required Text:

Essentials of Personal Training, 3rd Edition by NSCA-National Strength & Conditioning Association, Brad Schenfeld, Ronald L. Snarr (Editors).

### Learning Outcomes:

- This course will prepare students to pass the National Strength and Conditioning Association (NSCA-CPT) Certified Personal Trainer Examination
- Students who successfully complete PDP 306 and pass the NSCA-CPT exam may be given an opportunity to be hired as a FitRec trainer
- After completion of the course, students will be able to create an innovative and safe personal training session
- Classes are divided between practical workshops and theoretical seminars in anatomy, body alignment, sports nutrition, exercise physiology, athletic conditioning, and flexibility

**Grading Breakdown:** Grading will be based on attendance, participation/practical, and assignments:

- 50% Class attendance
- 30%: Complete practical workshop assignments
- 20%: Discussion assignments

**Grading Policy:** Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

\_I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances.

**Attendance Policy & Make-Up Classes:**

Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 5 absences. If you have more than 5 absences, you will need to arrange to make up the classes you have missed.

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into either your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Course Content**

## Exercise Science

- Anatomy
- Cardiovascular System
- Bioenergetics (exercise physiology)

- Biomechanics
- Resistance and Aerobic Adaptations

#### Initial Consultation

- Health Assessment/Testing (practical)

#### Exercise Technique

- Dynamic Warm Up/Mobility exercises
- Resistance Training (body weight, dumbbells, machines, free weights)
- Cardiovascular Training
- Flexibility (static, PNF, foam rolling)
- Modalities: Stability balls, medicine balls, kettlebells, body bars, tubing, plyometrics, BOSU

#### Program Design/Safety Considerations

- Resistance (Powerlifting, Weightlifting, Body Building, HIT techniques, general fitness, weight loss)
- Aerobic endurance (Intervals, Tabata)
- Plyometric

#### Special Population

- Orthopedics
- Neuromuscular

#### Nutrition

- Pre/post workout meals
- Basic meal planning