



Boston College Campus Recreation Personal Trainer Prep Course Fall 2017

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Dates: September 8, 2017 – December 8, 2017

Day/Time: Fridays 3 p.m. – 5 p.m. & Saturday Workshops: Oct. 14 & 21 from 9 a.m. – 12 p.m.

Location: TBD

Class Fee: Registration is \$100 – payment made at Member Services starting Wednesday, September 6th
Books are available for purchase online at acefitness.org/students for \$104 (see details below)

Course Description

This course is a combination of the American Council on Exercise University Curriculum for Personal Training and Boston College Campus Recreation Fitness Staff Training. Boston College Campus Recreation accepts the ACE Personal Training certification based upon its NCAA-Accredited Fitness Certification status. This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. Lectures, workshops, and assignments are required in order to gain the knowledge and experience for an entry-level personal training position.

Course Format

The course will be taught utilizing a variety of methods, including: 4 hours of hybrid lectures per week totaling 32 hours, weekly assignments totaling 1-2 hours per week, and 10 hours of hands-on workshops.

Attendance and Effort

Please keep in mind that this is ultimately a prolonged job interview. Attendance is mandatory to all classes. Only one class can be missed in order to complete the course, however, any absence needs to be excused and will still require make-up work. Excused class absences, other than illness, should be requested at the start of the course. Effort is definitely taken into consideration and is recognized.

Assignments

In order to best prepare students participating in this course to become personal trainers at Boston College Campus Recreation, the course participants are given weekly assignments. In addition, a final exam consisting of an in-person practical component and online test component will be administered.

Certifications and Hiring

Employment at Boston College Campus Recreation is competitive and not guaranteed upon completion of the program. The ACE PT certification must be completed in addition to satisfactory completion of the prep course.

Required Texts/Readings: Personal Training

American Council on Exercise (2014). *ACE Personal Trainer Manual*, 5th ed. San Diego, CA: American Council on Exercise.

American Council on Exercise (2010). *ACE's Essentials of Exercise Science for Fitness Professionals*. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

To access special student pricing and packages go to www.acefitness.org/students.

Registering for ACE Exams

To access special student pricing and packages go to www.acefitness.org/students.

CPR/AED/FIRST AID

American Red Cross CPR/AED/FA Training – need this to sit for ACE PT certification exam (but not course exams)

SEMESTER SCHEDULE

Week 1:

Lecture: Friday, September 8

Intro & Review of Syllabus, Course and Expectations, CPR/AED/First Aid Requirement, Exam

Essentials: Chapter 1

Due on Canvas: Essentials Chapter 1 Module & Quiz

Week 2:

Lecture: Friday, September 15

Essentials: Chapter 2, 3

Due on Canvas: Essentials Chapter 2, 3 Modules & Quizzes

Week 3:

Lecture: Friday, September 22

Essentials: Chapter 4, 5

Due on Canvas: Essentials Chapter 4, 5 Modules & Quizzes

Week 4:

Lecture: Friday, September 29 (Parent's weekend, class is still on)

ACE PT Manual: Part I & II – Chapters 1, 2, 3, 4

Due on Canvas: Manual Chapter 1, 2, 3, 4 Modules & Quizzes

Week 5:

Lecture: Friday, October 6

ACE PT Manual: Part III - Chapters 5, 6, 7, 8

Due on Canvas: Manual Chapter 5, 6, 7, 8 Modules & Quizzes

Week 6:

Lecture: Friday, October 13

ACE PT Manual: Part III - Chapter 9, 10, 11, 12

Workshop Intensive on Strength Training: Saturday, October 14 from 9 a.m. – 12 p.m.

Due on Canvas: Manual Chapter 9, 10, 11, 12 Modules & Quizzes

Week 7:

Lecture: Friday, October 20

ACE PT Manual: Part IV – Chapter 13, 14 & Part V – Chapters 15, 16

Workshop Intensive on Assessments: Saturday, October 21 from 9 a.m. – 12 p.m.

Due on Canvas: Manual Chapter 13, 14, 15, 16 Modules & Quizzes

Week 8:

Lecture: Friday, October 27 (class is online only due to home football game)

ACE PT Manual: Part VI – Chapter 17, 18

Due on Canvas: Manual Chapter 17, 18 Modules & Quizzes

Week 9:

Workshop: Friday, November 10

Small Group Training

Due on Canvas: Assessment Practice #1

Week 10:

Workshop: Friday, November 17

Small Group Training

Due on Canvas: Assessment Practice #2

FINAL EXAM SCHEDULE

Practical Final Part #1: 11/20 – 12/1

- 60-minute Assessment – assessment sheet submitted on Canvas by 12/1
- Personal Workout Plan – PWP submitted on Canvas by 12/1

Practical Final Part #2: 12/4 – 12/8

- 60-minute Training Session – self-evaluation submitted on Canvas by 12/8

Online Final Exam: Available 11/17 & Due 12/8

- Multiple choice exam on Canvas