Instructor: Matt Segovia, MS, CSCS  
Office: HSSN 453  
Email: mdsegovia@utep.edu  
Office hours: by appointment via zoom/ email

COURSE PREREQUISITES: KIN 1303, KIN 3331


CLASS MEETINGS: Online delivery Asynchronous

Course Description:  
This course aims to provide the student with experience in the application of exercise technique and prescription in the development of fitness and strength training programs for a variety of populations.

COURSE RESOURCES:
- Fitness testing videos created by your KIN colleague David Perez: http://daperezalba.wix.com/fitnessprograms. You will administer most of these tests.  
- To get ideas for different bodyweight-only exercises, see for example: http://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere Know why you select certain exercises.  
- Your colleagues created many videos of exercises that may help you as you create your exercise programs: https://www.youtube.com/results?search_query=UTEP+KIN+4301+Personal+Training  
- Many, many websites exists with videos of exercises and interesting ideas about training. Many make all sorts of claims that may or may not be true. Check those claims by reading your textbook and research journals NOT websites, before you adopt any of their opinions; don’t just copy what they say or show, VERIFY IT!  
- The Centers for Disease Control and Prevention (CDC) published CDC Winnable Battles 2010-2015, Progress Report 2014. The report uses recent data from CDC surveillance systems to track progress in seven public health areas including nutrition, physical activity, and obesity in the USA.  
- Health, United States is the annual report on the health status of the nation, compiled by the National Center for Health Statistics and submitted by the Secretary of Health and Human Services to the President and Congress.
A Few Helpful Apps:
- For collecting electronic signatures: http://getsigneasy.com/
- Examples of movement analysis and fitness apps:

The Overall Learning Goal of This Class:
As a result of this class, I hope that you will be able to act as an effective personal trainer (PT) who can have a positive impact on another person’s exercise lifestyle. After completing this course successfully and with some additional study, you should be able to pass the personal training certification exam of the American College of Sports Medicine (ACSM). More information about that exam is on the ACSM website: http://www.acsm.org/get-stay-certified/get-certified/health-fitness-certifications/personal-trainer. The learning goals for this class are also related to the learning goals for the ACSM-EP-C (Certified Exercise Physiologist) which some of you may want to pursue in the future. To pass the ACSM exam you should be able to do the following:
  - Apply knowledge of exercise science including kinesiology, anatomical kinesiology, exercise physiology, nutrition, program administration, psychology, and injury prevention in the health/fitness setting (partially done in this class).
  - Perform pre-participation health screenings and fitness assessments (done in this class).
  - Interpret assessment results and developing exercise prescriptions (done in this class).
  - Perform duties related to fitness management, administration, and program supervision (partially done in this class).
  - Incorporating suitable physical activities in exercise programs to improve functional capacity (done in this class).
  - Applying appropriate behavioral change techniques to effectively educate and counsel on lifestyle modification (done in this class).

Exams:
- All exams are to be completed on Blackboard using your personal computer. You are responsible for 2 exams throughout the duration of this course. Exam 1 will open October 11th and be available until 11:59pm on Saturday October 17th. Exam 2 (the final exam) will only be open for 24 hours on December 7th. Exams will be open book.
Blackboard posts/discussions:
- Students will be responsible for creating two discussion posts which will consist of a sample resistance training program and cardiovascular/advanced training program. Each of these will only need to be a single session, but must follow scientific guidelines for training. Each student will also be responsible for commenting on at least two (2) fellow peers program for both postings in the following weeks. Late sample programs or failure to complete the minimum comments will result in a zero.

Homework:
- Students will be responsible for a total of six (6) individual homework assignments. The due dates are outlined in the course schedule and you will have until that Saturday of the specified week to complete and turn in the assignment. No late work will be accepted.

Personal/Client Fitness Project Portfolio:
As a personal trainer, you cannot hide behind “do as I say, not as I do.” You are a role model who demonstrates what a physically active, healthy lifestyle looks like. That means that your fitness performance should be better than average. As such for your desired portfolio, you have the choice either to train a family member/close friend, OR to create a program that you complete yourself. To demonstrate the effectiveness/ineffectiveness of your overall programming, you will need to show results in at least one (1) of the six assessments shown below. You will specify the target adaptation once you decide on a client/self-assessment.

- Body composition: via circumference measurements
- Cardiorespiratory fitness: Time and estimated VO2Max using the 1.5 mile run
- Estimated 1RM on leg press (if applicable/available)
- Estimated 1RM on bench press (if applicable/available)
- Muscular endurance: 1 min Push Up
- Dynamic Muscular endurance: 1 min sit up test

You will need to record a minimum of 15 training sessions in order to complete your portfolio. Anything less, or any missing portfolio material, will negatively affect your grade.

<table>
<thead>
<tr>
<th>Individual Grade Components</th>
<th>Value</th>
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<tbody>
<tr>
<td><strong>Project Portfolio:</strong></td>
<td></td>
</tr>
<tr>
<td>All intake documents completed and signed</td>
<td>450</td>
</tr>
<tr>
<td>Session exercise plans, evaluations and improvements (pictures included)</td>
<td>30</td>
</tr>
<tr>
<td>Post-test improvements from the program</td>
<td>325</td>
</tr>
<tr>
<td>Evaluation and reflection of entire program</td>
<td>30</td>
</tr>
<tr>
<td>Portfolio organization and appearance</td>
<td>35</td>
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</tbody>
</table>
Exams:
Exam 1 - Midterm 100
Exam 2 - Final 200
6 Individual homework assignments 90
2 individual sample programs w/discussion comments on BB discussion
board (50 ea. for sample program, 30 ea. for discussion comments) 160
Total 1000

Grading Scale
A: 90-100% of 1000; B: 80-89%; C: 70-79%; D: 60-69%; F: Below 60% of 1000

University Policies and Resources
Changes to this syllabus: The instructor may alter the course schedule, with sufficient
notice being provided to students.

Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline: Cheating is
obtaining a reward for ability by dishonest means. It is unethical and not acceptable.
Plagiarism occurs whenever a student quotes, paraphrases or summarizes another
person's work without providing correct citation. Plagiarism occurs whether the work
quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes,
another student's paper, or any other source. An entire essay is fraudulent even if only a
single sentence is plagiarized. Do not submit work under your name that you did not do
yourself, ever. You may not submit work for this class that you did for another class. If
you cheated or plagiarized, you will be subject to disciplinary action as stated in the
UTEP undergraduate catalog policy.

“Scholastic dishonesty (which includes the attempt of any student to present the work of
another as his or her own, or any work which s(he) has not honestly performed, or
attempting to pass any examination by improper means) is a serious offense and will
subject the student to disciplinary action. The aiding and abetting of a student in any
dishonesty is held to be an equally serious offense. All alleged acts of scholastic
dishonesty should be reported to the Dean of Students for disposition. It is the Dean of
Students’ responsibility to investigate each allegation, dismiss the allegation, or proceed
with disciplinary action in a manner which provides the accused student his or her rights
due process.”
Refer to http://www.utep.edu/dos/acadintg.htm for further information.

UTEP has a site license for Turnitin.com, a plagiarism detection site that you can also
use to check your own work for this or other classes to prevent getting in trouble. If you
want to test your understanding of plagiarism, take the self-assessment at
http://education.indiana.edu/~frick/plagiarism or visit http://www.turnitin.com
When an assignment specifies that you must perform a task individually, asking for your classmates’ help is **collusion** and thus scholastic dishonesty. Any instances of scholastic dishonesty will be reported to the Dean of Students Office.

**Deadline Policy and Late Assignments:** Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

**Missed Tests:** All assignments will strictly follow UTEP’s attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will NOT be accepted. It is the student’s responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

**Students in Need of Assistance:** UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the student’s responsibility to register with the Center for Accommodations and Support Services (http://sa.utep.edu/cass/) in the UTEP Union Bldg. East Wing, Room 106 within the first two weeks of classes, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways: Web: http://cass.utep.edu/; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: cass@utep.edu

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit http://www.utep.edu/it for more information and registration. Check the UTEP website for health-related information and updates.

**Blackboard Help:** Students can receive help on blackboard 24/7 by calling 915-747-4357 and selecting option number 2, or by visiting: https://www.utep.edu/technologysupport/ServiceCatalog/Student_Services.html
# KIN 4301 Tentative Schedule – Fall 2020

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic Covered</th>
<th>Readings</th>
<th>Online Assignment Due</th>
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</thead>
</table>
| 1    | August 23-29  | Intro/Syllabus
Importance of the personal trainer/Career track               | Ch. 1 & Ch. 2  |                       |
<p>| 2    | August 30 – Sept. 5 | Anatomy/ Fitness assessments                                       | Ch. 3 &amp; Ch. 12 |                       |
| 3    | September 6-12 | Initial client consultation/ Health screening                      | Ch. 10 &amp; Ch. 11| Homework 1            |
| 4    | September 13-19| Program design/ Session components                                 | Ch. 13 &amp; Ch. 18|                       |
| 5    | September 20-26| Exercise physiology/ Biomechanics                                  | Ch. 5 &amp; Ch. 4  | Homework 2            |
| 6    | Sept. 27-Oct. 3 | Resistance training                                               | Ch. 14         | Resistance training sample |
| 7    | October 4-10  | Cardiovascular training / Advanced training                       | Ch. 15 &amp; Ch. 19| CV and advanced training sample – discussion board on RT |
| 8    | October 11-17 | Theories of behavior change/ Adherence/ Client identification     | Ch. 7 &amp; Ch. 8  | Homework 3 EXAM 1     |
| 9    | October 18-24 | Counseling &amp; coaching/ Initial testing/ portfolio goal creation  | Ch. 9          | Homework 4            |
| 10   | October 25-31 | Special populations/ Older adults Working session                 | Ch. 20         | Discussion board on CV/AT |
| 11   | November 1-7  | Nutrition / Working session                                       | Ch. 6          | Homework 5            |
| 12   | November 8-14 | Business Plans/ Working session                                   | Ch. 21         |                       |
| 13   | November 15-21| Legal Issues/ Working session                                     | Ch. 22         | Homework 6            |
| 14   | November 22-28| Working Week                                                      |                |                       |</p>
<table>
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<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>Nov. 29-Dec. 5</td>
<td>Client post testing/ Portfolio submission</td>
</tr>
<tr>
<td>December 7</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>

**All online assignments are due by 11:59pm the Saturday of the assigned week**