

The University of Texas at El Paso
College of Health Sciences
Department of Kinesiology
Syllabus

COURSE INFORMATION

KIN 4301 – Personal Training

CRN: 22037

Term: **Spring 2024**

Delivery Method: **In-person**

Meeting Day and Time: **Tuesday & Thursday, 3:00 – 4:20 p.m.**

Location: **Health Sciences and Nursing Building, Room 206**

INSTRUCTOR INFORMATION

Miguel Casarez, M.S., CSCS,*D

mrcasarez@utep.edu

Email/Messages: There are several ways to communicate with me.

- **Course Messages (via Blackboard):** This is the preferred and fastest way to receive a response or feedback. This method is preferred because it is linked to your course; I will reply faster to this than other formats. Also, the system allows us to record everything, so it can help to resolve any discrepancies. I will respond within 24-48 hours during weekdays. Weekends and holidays will take 48-72 hours.
- **Emails:** To give you the feedback you need, include all your information, course, assignment, phone, and email to reach you. You can expect 48 hours during weekdays and 72 hours during weekends.

Office Location: TBD

Office Hours: By Appointment (via In-Person, Zoom, or Teams Meeting)

COURSE DESCRIPTION

This course provides insight into the factors required for becoming a competent personal trainer or fitness professional. Successful fitness program design involves matching an individual's goals and abilities with the proper mix of exercises and then dynamically modifying exercise variables over time. Achieving optimal results for clients requires performing a detailed fitness assessment that includes a health screening, needs analysis, and various resting and active fitness tests.

An understanding of fitness concepts, including basic nutrition, bioenergetics, biomechanics, and applied anatomy, is necessary for synthesizing relevant information and creating individualized routines. Personal trainers also must comprehend a wide array of medical conditions and disease states in order to work with various special populations. Finally, personal trainers should understand the business of personal training, including facility and equipment maintenance, facility management, and legal issues.

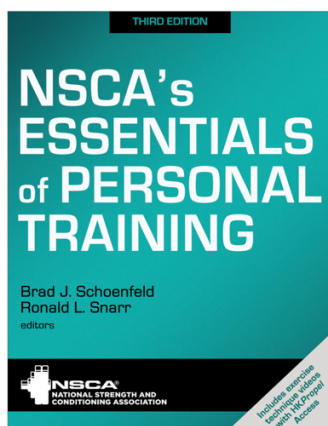
COURSE OBJECTIVES AND UNIVERSITY LEARNING OUTCOMES

Upon completion of this course, you will be able to do the following:

1. Assess an individual's health, medical, and fitness status.
2. Perform active and resting fitness tests relevant to program design.
3. Demonstrate a working knowledge of fitness concepts, including basic nutrition, bioenergetics, biomechanics, and applied anatomy.

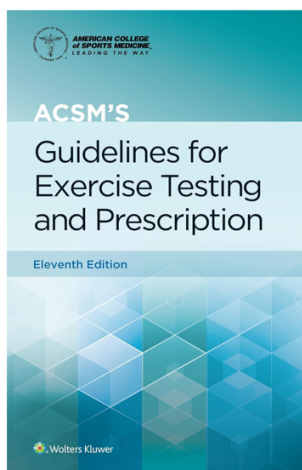
4. Design individualized physical activity programs to asymptomatic individuals, those who have been cleared by physicians, or those who are within the scope of practice of a personal trainer.
5. Implement physical activity programs in a safe and effective manner and modify them as necessary to achieve clients' goals.
6. Aid in the design and layout of a fitness facility or home gym.
7. Pass the NSCA Personal Trainer (NSCA-CPT®) exam.

REQUIRED MATERIALS



Schoenfeld, B., & Snarr, R. L. (2022). *NSCA's Essentials of Personal Training* (3rd ed.). Human Kinetics, Inc. ISBN: 9781492596721

Optional



Liguori, G., & American College of Sports Medicine (ACSM). (2021). *ACSM's Guidelines for Exercise Testing and Prescription* (11th ed.). Wolters Kluwer Health, Inc. ISBN: 9781975150181

ASSIGNMENTS AND GRADING

Assignments for this course are assessed according to rubrics. You can find these rubrics by clicking on the appropriate assignment link in Blackboard and choosing “View Rubric” from the button beneath the Points Possible for the assignment.

Grade Distribution: This course uses a weighted grading system.

Evaluation of Students	% Grade	Grading Scale*
Attendance/Class Participation	30%	A = 90 – 100%
Quizzes	30%	B = 80 – 89.99%
Assignments	20%	C = 70 – 79.99%
Exams	20%	D = 60 – 69.99%
		F = Below 60%

TECHNOLOGY REQUIREMENTS

Some course content is delivered via the Internet through the Blackboard learning management system. Ensure your UTEP e-mail account is working and that you have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, update your browser, clear your cache, or try switching to another browser.

You will need to have access to a computer/laptop. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Check that your computer hardware and software are up-to-date and able to access all parts of the course. If you do not have word-processing software, you can download Word and other Microsoft Office programs (including Excel, PowerPoint, Outlook, and more) for free via UTEP’s Microsoft Office Portal. Click the following link for more information about [Microsoft Office 365](#) and follow the instructions. **IMPORTANT:** If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP [Help Desk](#), as they are trained specifically in assisting with the technological needs of students. Please do not contact me for this type of assistance. The Help Desk is much better equipped than I am to assist you!

COURSE COMMUNICATION: How we will stay in contact with each other...

Here are the ways we can keep the communication channels open:

- **Course Messages (via Blackboard):** This is the preferred and fastest way to receive a response or feedback. This method is preferred because it is linked to your course and context; I will reply faster than the other formats. Also, the system allows us to record everything, so it can help to solve any discrepancy. I will respond within 24-48 hours during weekdays. Weekends and holidays will take 48-72 hours.
- **Email:** UTEP e-mail is the next best way to contact me. I will make every attempt to respond to your e-mail within 24 hours of receipt. When emailing me, be sure to email from your UTEP student e-mail account, and please put the course number in the subject line. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name and your university identification number.
- **Announcements:** Check the Blackboard announcements frequently for any updates, deadlines, or other important messages.

ATTENDANCE AND PARTICIPATION

Our class meetings are in-person in the **Health Sciences and Nursing Building, Room 206**, every **Tuesday and Thursday from 3:00 p.m. to 4:20 p.m.**, beginning **January 16 through May 10, 2024**. Attendance in the course is determined by participation in the learning activities of the course. Your participation in the course is important not only for your learning and success but also to create a community of learners. Participation is determined by the completion of the following activities:

- Reading/Viewing all course materials to ensure understanding of assignment requirements.
- Participating in engaging discussions with your peers.
- Other activities as indicated in the weekly modules.

Because these activities are designed to contribute to your learning each week, they cannot be made up after their due date has passed.

ILLNESS PRECAUTIONS

Please stay home if you have symptoms of a communicable illness. If you are feeling unwell, please let me know as soon as possible so that we can work on appropriate accommodations.

EXCUSED ABSENCES AND/OR COURSE DROP POLICY

According to UTEP Catalog, “At the discretion of the instructor, a student can be dropped from a course because of excessive absences or lack of effort. A grade of “W” will be assigned before the course drop deadline and a grade of “F” after the course drop deadline.” See Policies and Regulations in the UTEP Undergraduate Catalog for a list of excused absences. Therefore, if I find that, due to non-performance in the course and/or you are at risk of failing, I will drop you from the course. I will provide 24-hour advance notice via email.

OR

I will not drop you from the course. However, if you feel that you are unable to complete the course successfully, please let me know and then contact the Registrar’s Office to initiate the drop process. If you do not, you are at risk of receiving an “F” for the course.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Assignments

- All assignments are due at midnight (11:59 PM) on the identified date via Blackboard. Late work will be accepted but will incur a 10% deduction for each week it is late.

MAKE-UP WORK

- Not available unless previously approved by the Instructor.

ALTERNATIVE MEANS OF SUBMITTING WORK IN CASE OF TECHNICAL ISSUES

I strongly suggest that you submit your work with plenty of time to spare in the event that you have a technical issue with the course website, network, and/or your computer. I also suggest you save all your work (answers to discussion points, quizzes, exams, and essays) in a separate Word document as a backup. This way, you will have evidence that you completed the work and will not lose credit. If you are experiencing difficulties submitting your work through Blackboard, please contact the UTEP Help Desk. You can email me your backup document as a last resort.

INCOMPLETE GRADE POLICY

Incomplete grades may be requested only in exceptional circumstances after you have completed at least half of the course requirements. Talk to me immediately if you believe an incomplete is warranted. If granted, we will establish a contract of work to be completed with deadlines.

ACCOMMODATIONS POLICY

The University is committed to providing reasonable accommodations and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services, and activities with documented disabilities in order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship for the University. Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-747-5148, email them at cass@utep.edu, or apply for accommodations online via the CASS portal.

SCHOLASTIC INTEGRITY

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another as one's own. Collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. All suspected violations of academic integrity at The University of Texas at El Paso must be reported to the [Office of Student Conduct and Conflict Resolution \(OSCCR\)](#) for possible disciplinary action. To learn more, please visit [HOOP: Student Conduct and Discipline](#).

GUIDANCE ON ARTIFICIAL INTELLIGENCE

The use of generative AI tools such as Chat GPT **IS NOT** permitted in this course. Students must cite any borrowed content sources to comply with all applicable citation guidelines and copyright law and avoid plagiarism. Instances that violate these guidelines will be referred to the Office of Student Conduct and Conflict Resolution.

PLAGIARISM DETECTING SOFTWARE

Some of your coursework and assessments may be submitted to SafeAssign, a plagiarism-detecting software. SafeAssign is used to review assignment submissions for originality and will help you learn how to attribute sources rather than paraphrase properly.

COURSE RESOURCES: Places you can go for help...
UTEP provides a variety of student services and support:

Technology Resources

- [Help Desk](#): Students experiencing technological challenges (email, Blackboard, software, etc.) can submit a ticket to the UTEP Helpdesk for assistance. Contact the Helpdesk via phone, email, chat, website, or in person if on campus.

Academic Resources

- [UTEP Library](#): Access a wide range of resources, including online, full-text access to thousands of journals and eBooks, plus reference service and librarian assistance for enrolled students.
- [University Writing Center \(UWC\)](#): Submit papers here for assistance with writing style and formatting, ask a tutor for help, and explore other writing resources.
- [Math Tutoring Center \(MaRCS\)](#): Ask a tutor for help and explore other available math resources.
- [History Tutoring Center \(HTC\)](#): Receive assistance with writing history papers, get help from a tutor, and explore other history resources.
- [RefWorks](#): A bibliographic citation tool; check out the RefWorks tutorial, Fact Sheet, and Quick-Start Guide.
- [The Miner Learning Center](#): Join peer-led study sessions in person or online to review content and discover study strategies in core curriculum courses.
- [UTEP Edge](#): UTEP's cross-campus framework for student success and empowerment – develops students' assets through high-impact experiences made possible by the expertise and dedication of faculty, staff, alumni, and community partners.
- [Student Success Help Desk \(SSHHD\)](#): Students experiencing challenges or obstacles to academic success, including registration, financial, food, housing, and transportation resources, may submit a ticket request assistance to studentsuccess@utep.edu.
- [Military Student Success Center](#): Assists personnel in any branch of service to reach their educational goals.
- [Center for Accommodations and Support Services](#): Assists students with ADA-related accommodations for coursework, housing, and internships.
- [Counseling and Psychological Services](#): Provides a variety of counseling services, including individual, couples, and group sessions, as well as career and disability assessments.
- [UTEP Food Pantry](#): Non-perishable food items are available to students who are currently enrolled in classes. Bring a Miner Gold Card to Memorial Gym, Room 105, Monday through Friday, 10 a.m. to 2 p.m.

**KIN 4301 – Personal Training (Spring 2024)
Semester Agenda (Tentative)**

Date	Chapter	Information Covered	Quiz/Assignment
Week 1	1, 2, 3	Course overview and structure and function of the muscular, respiratory, and cardiovascular systems	Chapters 1, 2, 3
Week 2	4, 8	Biomechanical principles, exercise psychology	Chapters 4 & 8
Week 3	9, 10, 11	Client consultation and fitness assessment	Chapters 9, 10, 11
Week 4	5, 6	Anaerobic and aerobic training adaptations	Chapter 5 & 6)\
Week 5	12, 13, 14	Exercise techniques for flexibility, resistance, and cardiovascular training	Chapters 12, 13, 14
Week 6	12, 13, 14	Practical Application (location TBD)	Assignment
Week 7	Exam 1 Review		
Week 8	Exam 1		
Week 9	Spring Break		
Week 10	15	Resistance training exercise prescription	Chapter 15
Week 11	16, 17	Aerobic exercise prescription and plyometrics	Chapters 16 & 17
Week 12	7	Nutrition and weight management issues	Chapter 7
Week 13	18, 19, 20	Training special populations: part I	Chapters 18, 19, 20
Week 12	21, 22, 23	Training special populations: part II	Chapters 21, 22, 23
Week 13	24, 25	Emergency and legal issues in personal training	Chapters 24 & 25
Week 14	Appendix	The Business of Personal Training	Assignment
Week 15	Exam 2 Review		
Week 16	Exam 2		
Week 17	Finals Week		