

I. COURSE DESCRIPTION:

This course gives the student the theory and practical knowledge required to design individual training and lifestyle programs tailored to the client's needs and wants. Topics covered include: client assessment and interviews, exercise monitoring, and program design for cardiovascular fitness, strength training, endurance training, flexibility, and weight loss and weight control.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Prescribe, design, implement, and evaluate individual training and lifestyle programs (cardiovascular, strength, endurance, flexibility, or weight loss and control).
2. Assess client needs.
3. Monitor client progress.
4. Break down functional movement and safely coach/correct the execution of various weight training movements.

III. TOPICS:

1. Applied Functional Anatomy: teaching and correcting large movement technique (squat/deadlift/Olympic lifts) for strength and power.
2. Developing/Modifying Personal Training Programs for selected populations
3. Periodization and adapting program design
4. Optimal recovery strategies (stretching, self myo-fascial release techniques)
5. Conducting and planning personal training sessions for individuals and groups.
6. Anaerobic vs. Aerobic training (and impact on performance and body composition).

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Selected readings from ACSM's Foundations of Strength Training and Conditioning, Ratamass as well as other selected readings provided by Instructor.

V. EVALUATION PROCESS/GRADING SYSTEM:

Final Exam 20%

Evaluation of Client, Development of Fitness Program
and Weekly Training of Clients 80%
(Marking scheme hand-out will be issued the first week of class)

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

VI. SPECIAL NOTES:Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.