



**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. Students will be responsible for designing two wellness programs, one for an individual and an athlete, and maintaining the individual's progress throughout the semester.

**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.

**III. TOPICS:**

1. Developing Personal Training Programs
2. Modifying Training programs
3. Training Program Design Concepts
4. Principles of Training
5. Periodization and Training
6. Program Delivery

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

The Canadian Physical Activity, Fitness & Lifestyle Approach - CSEP  
Client Centered Exercise Prescription 2<sup>nd</sup> ed. John C. Griffin  
ACSM's Foundations of Strength Training and Conditioning, Ratamass

**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W	Student has withdrawn from the course without academic penalty.	

***NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.***

## 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.