Deer Valley Unified School District No. 97

HIGH SCHOOL

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Course: National Academy of Sports Medicine-NASM
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Prep Hour: 1 *Web Page/Canvas Site: dvusd.instructure.com*
Tutoring Hours: Monday, Tuesday- 6:30-7:30am, Wednesday 2:17-3:00pm

Course Title Essentials of Personal Fitness Training

Learning Objectives

1. Define the components of the human movement system.
2. Describe the structure and function of the cardiovascular and respiratory systems.
3. Understand the essential methods of how the body produces energy.
4. Understand biomechanics and have knowledge of biomechanical terminology.
5. Define and comprehend the rationality of an integrated fitness assessment.
6. Define and describe the components associated with cardiorespiratory training.
7. Understand the importance of core training, balance training, resistance, reactive training, and speed, agility, and quickness training.
8. Define and describe the cause and symptoms of selected chronic health conditions.
9. Understand the importance of macronutrients and supplementation and their functions.
10. Describe the characteristics of a positive client experience and customer serqr.teristicse1.1

Topical Outline

The Scientific Rationale for Integrated Training
Basic Exercise Science
The Cardiorespiratory System
Exercise Metabolism and Bioenergetics
Human Movement Science
Fitness Assessment
Flexibility Training Concepts
Cardiorespiratory Fitness Training
Core Training Concepts
Balance Training Concepts
Plyometric (Reactive) Training Concepts
Speed, Agility, and Quickness Training
Resistance Training Concepts
Integrated Program Design and the Optimum Performance Training™ (OPT™) Model
Introduction to Exercise Modalities
Chronic Health Conditions and Physical or Functional Limitations
Nutrition
Supplementation
Lifestyle Modification and Behavioral Coaching
Developing a Successful Personal Training Business

Assessment Criteria and Methods of Evaluating Students

Basis for determination of final grade, along with grading scale if different from what is published in the catalog.

Class Participation	20%		90–100	A
Quizzes/	%		80–89	B
Projects/	%		70–79	C
Term Paper/	%	60	60–69	D
Presentation/	%		Below 60	F
Final Exam	20 %			
	100%			

Learning Resource	Learning Objectives
Chapter 1	Explain the history of the profession of personal training. Identify common characteristics of personal training clients. Demonstrate an understanding of the principles of integrated exercise program design. Describe the Optimum Performance Training (OPT™) model.
Chapter 2	Define the components of the human movement system (kinetic chain). Explain the basic structure and function of: o the nervous system o the skeletal system o the muscular system o the endocrine system Describe how these systems respond and adapt to exercise.
Chapter 3	Describe the structure and function of the cardiovascular and respiratory systems. Explain how each of these systems relates to human movement. Describe how the cardiovascular and respiratory systems work in unison. Explain the influence that dysfunctional breathing can have on the human movement system.
Chapter 4	

Chapter 8	Define and describe the components associated with cardiorespiratory training. Describe how various physiologic systems respond and adapt to cardiorespiratory training. Describe the health-related benefits associated with cardiorespiratory fitness. Describe current guidelines and recommendations for prescribing safe and effective cardiorespiratory exercise to apparently healthy individuals. Describe how to design and implement cardiorespiratory training programs to a variety of clients using an individualized approach. Instruct clients on how to perform safe and effective cardiorespiratory exercise.
Chapter 9	Understand the importance of the core musculature. Differentiate between the stabilization system and the movement system. Discuss the importance of core training. Design a core training program for clients at any level of training. Perform, describe, and instruct various core training exercises.
Chapter 10	Define balance and describe its role in performance and injury risk. Discuss the importance of balance training. Design a progressive balance training program for clients in any level of training. Understand and incorporate the principles of selected research outcomes when designing a balance training program. Perform, describe, and instruct various balance training exercises.
Chapter 11	Define plyometric (reactive) training and describe its uses. Discuss the importance of plyometric training. Design a plyometric training program for clients at various levels of fitness. Perform and instruct various plyometric training exercises.
Chapter 12	Define and describe speed, agility, and quickness training and its purpose. Discuss the importance of speed, agility, and quickness training for a variety of populations. Design a speed, agility, and quickness training program for clients at any level of training. Perform, describe, and instruct various speed, agility, and quickness training exercises.
Chapter 13	Describe the stages of the general adaptation syndrome. Define and describe the principle of adaptation and specificity. Define stability, muscular endurETQ EM2nBT/F4 11.04 Tf1 0 0 1 158.4 mu3(

Describe the characteristics of selected health and age-related physical and functional limitations to exercise.

Recognize how the conditions discussed in this chapter affect exercise training variables within the OPT™ model.

Recognize how acute and chronic responses to exercise vary in clients