



PERSONAL TRAINING CERTIFICATE

PROFESSOR

Eddie Lester is a personal trainer from Los Angeles, CA. He has been training for 10 years with a focus on functional training, weight loss and athletic improvement. Eddie finds his clients success comes from the right mix of motivation, proper guidance and utilizing important tracking tools. In his free time, he participates in sports like beach volleyball and surfing. Eddie's experience in corrective exercise has lead to a focus on optimizing your movement mechanics to prevent and reduce pain from any injuries. By following scientifically drawn protocol, we will work together to achieve you personal fitness goals as time effective as modern science will allow. With over 10 years experience and 8 different certifications and specializations, Eddie knows just what it takes to achieve even the toughest of goals.

CONTACT INFORMATION

E-mail: elester@lakewood.edu

ONLINE SUPPORT (IT) AND MOODLE NAVIGATION:

All members of the Lakewood University community who use the University's computing, information or communication resources must act responsibly. Support is accessible by calling 1-800-517-0857 option 2 or by emailing info@lakewood.edu

BOOKS AND RESOURCES

Certified Personal Training Manual
NASM Essentials of Personal Fitness, ISBN:9781608312818

EVALUATION METHOD

Graded work will receive a numeric score reflecting the quality of performance.
Course Requirement Summary

- Assignments - Total of 600 Points
- Tests – Total of 300 Points
- Forums – 320 Points
- Final Writing Project - 150 Points
- Final Exam – 50 Points

GRADING SCALE

Graded work will receive a numeric score reflecting the quality of performance as given above in evaluation methods. The maximum number of points a student may earn is 1420. To determine the final grade, the student's earned points are divided by 1420.

Your overall course grade will be determined according to the following scale:

A = (90% -100%)

B = (80% - 89%)

C = (70% - 79%)

D = (60% - 69%)

F < (Below 60%)

ACADEMIC INTEGRITY/ PLAGIARISM:

Cheating (dishonestly taking the knowledge of another person whether on a test or an assignment and presenting it as your work) and plagiarism (to take and pass off as one's own the ideas or writing of another) are a serious issue. While it is legitimate to talk to others about your assignments and incorporate suggestions, do not let others "write" your assignments in the name of peer review or "borrow" sections or whole assignments written by others. We do get ideas from life experiences and what we read but be careful that you interpret these ideas and make them your own.

I am aware that many types of assignments are available on the internet and will check these sources when there is legitimate suspicion.

Penalty is a zero on the assignment. In cases where there is a major or continuous breach of trust, further discipline, such as an "F" in the course, may be necessary.

The major consequence of any form of cheating is damage to your character and the result of trust and respect.

DISABILITY ACCOMMODATIONS

Students who have a disability and wish to request an academic accommodation should contact Jim Gepperth, the Disabilities Services Coordinator and Academic Dean. The student can request an accommodation at any time although it is encouraged to do so early in the enrollment process. The student should complete an accommodation request form which begins a conversation between the school and the student regarding the nature of their disability and an accommodation that would help the student succeed in their program. The school may request documentation regarding the disability to address the accommodation request effectively. The school will communicate to the student the type of accommodation arranged. This process typically follows a team approach, bringing together persons from the academic department (including the instructor) and personnel from other departments as necessary. Additional information on disability accommodations may be found in the Lakewood University Catalog.

Disability Services Email: disabilityservices@lakewood.edu

SUPPLEMENTAL TEXTS

You can use the following resources to assist you with proper source citation.

American Psychological Association Style Guide- https://www.mylakewoodu.com/pluginfile.php/118179/mod_resource/content/1/APA%20Style%20Guide%207th%20edition.pdf

The Purdue OWL website is also a helpful resource for students. Here is a link to the OWL website: https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

LIBRARY

Mary O'Dell is the Librarian on staff at Lakewood University

She is available by appointment. You can make an appointment with her by emailing her at modell@lakewood.edu or call at 1-800-517-0857 X 730

You may also schedule a meeting at this link: <https://my.setmore.com/calendar#monthly/r3a761583354923270/01032020>

She can assist you with navigating LIRN, research, citations etc.

SUPPORT

Each student at Lakewood University is assigned a Success Coach. Your Success Coach exists to assist you with academic and supportive services as you navigate your program. They will reach out to you, often, to check-in. Please use the resources they offer.

Student Services is available to assist with technical questions regarding Lakewood University and all services available to you.

1-800-517-0857 option 2
info@lakewood.edu
studentservices@lakewood.edu

CAREER SERVICES

Students are offered Career Services at any point as they journey their academics at Lakewood University.

1-800-517-0857 option 2
careerservices@lakewood.edu

LESSONS

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #1	<ul style="list-style-type: none">Lakewood University Successful Study Skills This course is designed to help students develop and use study skills that will help them become successful learners. Students will learn various techniques that will be helpful to them throughout their academic years.	Read Syllabus Discussion Forum Lesson 1 Complete Assignment "History of our profession" Complete Discussion Forum Test Lesson Evaluation	Objective 1
Lesson #2	Lesson 2 The Fitness Assessment <ul style="list-style-type: none">Learn the techniques and assessments that personal trainers use to create the foundation for developing an effective personalized fitness program for their clients.	Lesson 2 Reading Course Manual Lesson 2 Audio Lecture PowerPoints Complete Assignment 2 Complete Discussion Forum Complete Test Weekly Evaluation	Objective 6
Lesson #3			Objective 3 Objective 7

Lesson 3 Anatomy, Physiology and the Study of Human Movement

- Discover how the body is built and functions to understand the best exercises to achieve individual fitness goals.

Lesson 3 Audio Lecture
PowerPoints
Complete Assignment 3
Complete Discussion Forum
Complete Test
Lesson Evaluation

TITLE
Lesson #4

COURSE TOPIC
Lesson 4 Exercise Physiology and the Energy Systems

- Review concepts that benefit the creation of a fitness program for goals relating to body fat loss, muscle endurance, muscle tone, muscle enlargement, power and strength.

READINGS/ASSIGNMENTS
Lesson 4 Audio Lecture
PowerPoints
Complete Forum Lesson 4
Complete Assignment 4 "Design a Program for Fat Loss"
Complete Test
Lesson Evaluation

OBJECTIVES
Objective 2
Objective 3
Objective 7

TITLE
Lesson #5

COURSE TOPIC
Lesson 5 Program Design and the FORM Model

- Truly understand every variable that leads to the development of an unlimited amount of training programs for all fitness goals.

READINGS/ASSIGNMENTS
Lesson 5 Audio Lecture-Part I
Lesson 5 Audio Lecture-Part II
PowerPoints
Complete Forum Lesson 5
Complete Assignment 5 "Principles of design"
Complete Test
Lesson Evaluation

OBJECTIVES
Objective 3

TITLE
Lesson #6

COURSE TOPIC
Lesson 6 Flexibility, Mobility and Range of Motion

- Learn the necessary elements that make up a flexibility program and lead to the most efficient movement through optimal range of motion.

READINGS/ASSIGNMENTS
Lesson 6 Audio Lecture
PowerPoints
Complete Forum 6
Complete Assignment 6 "Comprehensive Health Fitness Assessment"
Complete Test
Lesson Evaluation

OBJECTIVES
Objective 5

TITLE
Lesson #7

COURSE TOPIC
[Lesson 7 Programming Considerations for Exercise Related Injuries](#)

- Discover how to adjust a program to ensure safe exercise for persons with current or past injuries to encourage proper recovery.

READINGS/ASSIGNMENTS
Lesson 7 Audio Lecture
PowerPoints
Complete Assignment 7 "Designing Accommodations"
Complete Forum 7
Speech Quiz
Lesson Evaluation

OBJECTIVES
Objective 8

TITLE
Lesson #8

COURSE TOPIC

READINGS/ASSIGNMENTS

OBJECTIVES
Objective 4
Objective 8

Lesson 8 Fitness Programs for Special Populations

- Utilize guidelines set by medical professionals to ensure the safety and effectiveness of a fitness program for persons with chronic diseases like Diabetes, Hypertension, Coronary Artery Disease, Asthma, Osteoporosis, and Cancer. Also apply these guidelines towards assisting Pre and Postpartum females, Seniors, Youth and those recovering from a Stroke.

Lesson 8 Audio Lecture
PowerPoints
Complete Forum 8
Complete Assignment 8 “Optimum Performance Training”
Complete Test
Lesson Evaluation

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #9	Lesson 9 Professionalism, Business, and Sales <ul style="list-style-type: none">• Understand every step on the way toward creating a successful personal training business through sales strategies, marketing, networking, lead generation and effective preparation.	Lesson 9 Audio Lecture I Lesson 9 Audio Lecture II Lesson 9 Audio Lecture III PowerPoints Complete Assignment 9 “The Fitness Resume” Complete Forum 9 Complete Test Lesson Evaluation	Objective 11

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #10	Lesson 10 The Cardiovascular and Respiratory Systems <ul style="list-style-type: none">• Gain the knowledge needed to understand how to create an effective cardiorespiratory fitness program to enhance health and increase athletic performance	Lesson 10 Audio Lecture PowerPoints Complete Forum 10 Complete Assignment 10 “Enhancing Performance Through Cardiorespiratory Work” Test Lesson Evaluation	Objective 6

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #11	Lesson 11 Psychology: The Science of Behavior and Mind <ul style="list-style-type: none">• Acquire the skills necessary to assist your clients in creating the habits that lead to optimal health and the achievement of their fitness goals through optimizing nutrition, sleep, exercise and stress management.	Lesson 11 Audio Lecture PowerPoints Complete Forum 11 Complete Assignment “Psychology of Behavior” Complete Assignment “Looking beyond” Test Lesson Evaluation	Objective 2

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #12			Objective 9 Objective 10

Lesson 12 Components of Nutrition

- Learn the many different components of nutrition as they relate to the health of the body and discover the ins-and-outs of what a proper nutrition program includes.

Lesson 12 Audio Lecture
PowerPoints
Complete Forum 12
Complete Assignment "Supplements to Optimize Health"
Lesson Evaluation

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #13	Lesson 13 Emergency Procedures for The Fitness Professional <ul style="list-style-type: none">• Learn the guidelines that promote a safe exercise environment and discover the procedures that prepare the personal trainer for any emergency in the fitness environment.	Lesson 13 Audio Lecture PowerPoints Complete Forum 13 Complete Assignment 13 "The Prepared Trainer" Reading Quiz Lesson Evaluation	Objective 8

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #14	Lesson 14 Introduction to Online Personal Training <ul style="list-style-type: none">• Discover the steps needed to take your personal training business online and assist people all over the world with the achievement of their health and fitness goals, while increasing your passive income.	PowerPoint Complete Forum 14 Complete Assignment 14 "Marketing Online?" Lesson Evaluation	Objective 12

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #15	Lesson 15 Marketing through Mobile Apps <ul style="list-style-type: none">• Marketing using the yes.passionapps.com app to launch your own mobile app without any technical hassle which includes templates to avoid a long setup process. Also, how to add products that generate residual income.	Complete Forum 15 Complete Assignment "Launching To Your Market" Complete Test Lesson Evaluation	Objective 12

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	OBJECTIVES
Lesson #16	Lesson 16 The Business	Complete Forum "Closing Thoughts" Complete Assignment "Final Project - Marketing Plan" Submit the Marketing Plan Lesson Evaluation	Objective 12

TITLE	COURSE TOPIC
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Final Examination	Final Examination
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- The exam is cumulative, so please review all the chapters in your textbook.

DESCRIPTION

This program is designed to supply essential education integrating exercise science curriculum and practical training techniques into a systematic model that teaches students to progress their clients through different training levels and phases. Students will be prepared for careers working at medically based fitness facilities, community wellness programs, personal training studios, physical therapy clinics, corporate fitness centers, YMCA's/JCC's, and private and commercial health clubs. In addition, the program prepares students for the National Academy of Sports Medicine (NASM) Certified Personal Trainer Certification and FM-CPT Certification Exam.

Program Objectives

1. Explain the history of the profession of personal training.
2. Identify common characteristics of personal training clients.
3. Demonstrate an understanding of the principles of integrated exercise program design.
4. Demonstrate an understanding of FM & NASM's OPT (Optimum Performance Training) Model
5. Demonstrate an understanding of how to perform comprehensive health-related fitness assessments.
6. Obtain subjective and objective information about clients and use the information collected to design exercise programs.
7. Design exercise programs for any client and any phase of training.
8. Describe how to modify program design for clients with chronic health and physical or functional limitations.
9. Answer questions, handle issues and dispel myths regarding the relationship of macronutrients to the successful alteration of body composition.
10. Understand basic supplemental recommendations for optimizing health.
11. Understand the process of writing a fitness resume.
12. Understand and demonstrate basic marketing and sales techniques and skills

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