AGENDA
ACSM Certified Personal Trainer℠ Workshop

SATURDAY

9:00 am – 12:30pm  SECTION ONE: Introduction to Exercise Science and Physiology
9:00 am – 10:00  Physical Activity, Exercise, and Fitness Defined; Fitness Training Principals
10:00 am – 11:00  Energy Systems, Cardiovascular/Respiratory Systems
11:00 am – 11:30  Risk Management and Emergency Action Procedures
11:30 am – 12:30  LUNCH

12:30 pm – 3:15  SECTION TWO: Introduction Kinesiology
12:30 pm – 1:30  Human Movement, Biomechanical Principles
1:30 pm – 2:30  Anatomical Terms and Actions
2:30 pm – 2:45  BREAK
2:45 pm – 3:15  Muscle and Joint Movement Practicum

3:15 pm – 6:30  SECTION THREE: Introduction to Cardiorespiratory Assessment and Programming
3:15 pm – 4:15  Initial Client Consultation, Preparticipation Health Screening
4:15 pm – 4:45  ACSM Risk Factor Education
4:45 pm – 5:00  BREAK
5:00 pm – 6:00  Blood Pressure and Heart Rate Assessments, Methods of Monitoring Intensity, Cardiorespiratory Fitness Programming, Assessment
6:00 pm – 6:30  The Queens College Step Test Demonstration and Mock Practicum
SUNDAY

9:00 am – 1:00 pm  SECTION FOUR: Body Composition, Health Consequences, and Nutritional Issues

9:00 am – 9:45  Nutrition and Food Labeling, Disordered Eating and the Female Athlete Triad

9:45 am – 10:45  Anthropometric Data, Risks, Body Fat Assessments

10:45 am – 11:00  BREAK

11:00 am – 12:00  Anthropometric and Body Fat Demonstration and Practicum

12:00 pm – 1:00  LUNCH

1:00 pm – 3:15  SECTION FIVE: Muscle Strength/Endurance Assessment and Programming

1:00 pm – 2:15  Resistance Training for Sport/Fitness/Health, Designing Resistance Training Programs for Healthy Adults, Spotting

2:15 pm – 3:00  Muscle Strength and Endurance Assessments, Resistance Training Kinesiology Review

3:00 pm – 3:15  BREAK

3:15 pm – 4:30  SECTION SIX: Flexibility, Range of Motion Assessment, and Programming

3:15 pm – 4:00  Methods of Stretching, Programming for Flexibility, Postural Deviations, Flexibility Assessments

4:00 pm – 4:30  Trunk Flexion Demonstration and Practicum

4:30 pm – 6:30  SECTION SEVEN: Case Study Practicum, Programming, Workshop Evaluations

4:30 pm – 5:15  Practice Case Studies

5:15 pm – 6:15  Case Studies Program Design Practicum

6:15 pm – 6:30  Workshop Evaluations Completed