AGENDA
ACSM Certified Personal TrainerSM Workshop

FRIDAY

1:00 pm – 5:45 pm SECTION ONE: Introduction to Exercise Science and Kinesiology / Human Movement

1:00 pm – 3:30 pm Introduction to Physical Fitness Components, Principles and Safety Considerations, Energy Systems / Substrates and the Cardiovascular and Respiratory Systems

3:30 pm – 3:45 pm BREAK

3:45 pm – 5:45 pm Introduction to the Musculoskeletal System, Anatomical Terminology

5:45 pm – 6:45 pm DINNER

6:45 pm – 9:30 pm SECTION TWO: Kinesiology Practicum. Introduction to the Art and Science of Personal Training

6:45 pm – 7:15 pm Muscle / Joint Actions, and Kinesiology Practicum

7:15 pm – 8:30 pm Benefits of and Barriers to Physical Activity. Consequences of Physical Inactivity, Benefits of Cardiorespiratory Health and Fitness. Flexibility Benefits, Muscular Strength and Endurance Benefits. Barriers to engaging in Physical Activity. Benefits/Barriers practicum Interventions to enhance exercise adherence.

8:30 pm – 9:30 pm Health/Wellness Psychological Theories of Behavior Change, Teaching and Learning Styles, Active Listening Practicum.

SATURDAY

8:00 am – 10:45 am SECTION THREE: Introduction to Cardiorespiratory Assessment and Programming

8:00 am – 9:00 am Client Consultation, Preparticipation Health Screening, Medical Concerns.
9:00 am ï 10:00 am  ACSM Risk Factors, HR/BP and Cardiorespiratory Assessments, Programming.

10:00 am ï 10:15 am  BREAK

10:15 am ï 10:45 am  Three-Minute Step Test Practicum, demo with mock practicum.

**10:45 am – 12:45 pm SECTION FOUR: Body Composition Assessment and Weight Management Programming**

10:45 am ï 11:30 am  Nutritional and Dietary Guidelines and Recommendations, Label Reading, Eating Disorders and the Female Athlete Triad

11:30 am ï 12:45 pm  Anthropometric Data and Risk Management using the Body Mass Index Norms. BMI Index Practicum Anthropometric and Data Risk Assessment for Waist / Hip Ratio and Waist Girth. Jackson-Pollock 9-Site, 7-Site and 3-Site Men, 3-Site Women Skinfold Review.

12:45 pm ï 1:45 pm  LUNCH

**1:45 pm – 4:15 pm SECTION FIVE: Caliper Practice. Muscle Strength and Endurance Assessment and Programming**

1:45 pm ï 2:15 pm  Jackson-Pollock 3 site skinfold practical


3:15 pm ï 3:30 pm  BREAK

3:30 pm ï 4:15 pm  Muscle Strength and Endurance Tests, Resistance Training / Kinesiology Practicum

**4:15 pm – 5:30 pm SECTION SIX: Flexibility and Range of Motion Assessment and Programming**

4:15 pm ï 5:00 pm  Techniques, Guidelines and Precautions

  ACSM Exercise Prescription for Flexibility Training

5:00 pm ï 5:30 pm  Stretch review, Flexibility Sit and Reach Practicum
SUNDAY

9:00 am – 4:00 pm SECTION SEVEN: Introduction to the ACSM Certified Personal Trainer℠ Credential and Examination Requirements

9:00 am – 9:30 am Registration and Introductions for One-Day Workshop Attendees
Overview of the ACSM Personal Trainer℠ Certification, Educational Curriculum for ACSM Certified Personal Trainer℠, Responsibilities, Qualities, Skills for the ACSM Personal Trainer℠, Scope of Practice, Professional and Public Responsibilities, Business Management

9:30 am – 10:45 am ACSM Risk Factor Threshold and Risk Classification Review, Case Study Criteria and Case Study Practicum.

10:45 am – 11:00 am BREAK

11:00 am – 12:15 pm Special Population Exercise Considerations; Aerobic, Resistance, and Flexibility Exercise Programming Review.

12:15 pm – 1:15 pm LUNCH

1:15 pm – 2:45 pm Personal Training Program Development Practicum.

2:45 pm – 3:30 pm JTA Review ACSM Certified Personal Trainer℠ Examination Study Resources: Using the Job Task Analysis (JTA) Requirements for Exam Preparation; Practice Questions.

3:30 pm – 4:00 pm Exam Registration Information and Workshop Evaluations.