AGENDA
ACSM Certified Personal TrainerSM 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 pm BREAK

3:15 pm - 4:30 pm 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 pm 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