

USF RecWell Personal Training Prep Course

University of South Florida

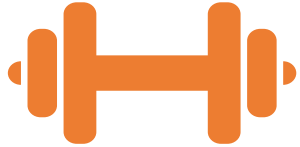


Recreation
& Wellness

Course Overview

- This 10-week comprehensive course will help students learn how to facilitate rapport, adherence, self-efficacy, and behavior change in clients, as well as design programs that help clients improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength

Who Should Apply?



Current

Exercise science students
Health Science students
Health promotion students
Fitness enthusiasts
Public health interest



Future

Physical or Occupational Therapists
Strength Coach
Athletic Trainer
Gym Owner
Public Health Professional
Personal Trainer
Healthcare Professional

Why Should You Get Certified

In-depth
knowledge of
health and fitness

Enhances degree

Increased
likelihood of
getting hired

Respect in the
industry



Common Certifications

- National Academy of Sports Medicine
 - Certified Personal Trainer
 - Corrective Exercise Specialist
- American Council on Exercise (ACE)
 - Certified Personal Trainer
- National Strength and Conditioning Association (NSCA)
 - Certified Personal Trainer
 - Certified Strength and Conditioning Specialist
- American College of Sports Medicine (ACSM)
 - Certified Personal Trainer
 - Certified Exercise Physiologist

Why NASM CPT Prep Course?

Transfer theory to
practice

Hands-on
experience

Improve content
retention

Learn proper form
and technique for a
variety of exercises

Develop coaching
skills

Taught by
experienced
professionals

Low instructor to
student ratio

Learn program
design

Exam preparation

Discount pricing on
certification bundle

Online study
materials, exam,
textbook

Course Structure

- 10-week program
- Hybrid Structure
 - In class lecture and discussion
 - Hands on skill sessions
- Online quizzes, PowerPoints, videos, study guides, e-textbook, and review activities
- Shadowing Sessions
- Mock Clients



Course Schedule

NASM PT PREP Course Spring 2024		
Date	Lecture (Hour 1)/Activity (hour 2)	Homework & Assignments
2/6	Introduction to class Ch 1,2,3/Tour of REC	Review Ch 1-3 & Complete Ch 1-3 Quizzes Read Ch 4-5
2/13	Behavioral Coaching & the Nervous, Muscular & Skeletal systems Ch 4 &5/ Lifting & Equipment Orientation	Complete Ch 4-5 Quizzes Read Ch 6-7
2/20	The cardiorespiratory, Endocrine, & Digestive Systems, Human Movement Science, & Exercise Metabolism & Bioenergetics Ch 6-8/ Spotting 101	Complete Ch 6-8 Quizzes Read Ch 9-10 Shadow Trainer
2/27	Nutrition/Supplementation Ch 9-10 Dynamic Warm-Ups	Complete Ch 9-10 Quizzes Read Ch 11-12 Shadow Trainer
3/5	Health, Wellness, Fitness, Postural, Movement, & Performance Assessments Ch 11-12/Upper Body Movements	Complete Ch 11-12 Quizzes, Read Ch 13-14 Shadow Trainer
3/12	NO CLASS – SPRING BREAK	Catch up on quizzes & readings
3/19	Integrated Training & the OPT Model, Flexibility Training Concepts Ch 13-14 Fitness Assessment Review	Complete Ch 13-14 quizzes Read Ch 15-16 Fitness Assessment Practice
3/26	Cardiorespiratory Fitness Training & Core Training Concepts Ch 15-16 Core Movements	Complete Ch 15-16 Quizzes Read Ch 17-18 Mock Fitness Assessment w/pro staff
4/2	Balance & Plyometric Training Concepts Ch 17-18 Lower Body Movements	Complete Ch 17-18 quizzes Read CH 19-20 Mock Training Session w/pro staff
4/9	Resistance, Speed, Agility, & Quickness Training Concepts Ch 19-20	Read & Complete Quizzes Ch 19-20 Read Ch 21-23 Mock Training Session w/pro staff
4/16	Program Design Ch 21-23 NASM Review	Complete Practice exam

Course Prerequisites

Demonstrated interest in health, fitness, and/or human performance

CPR Certified or willing to become certified if accepted into the program

Interest in becoming a personal trainer for USF RecWell

Ability to attend **ALL** scheduled course meetings

Course Details

- 10 people will be selected
- To participate in the course participants must be willing to
 - Attend all in person lecture and skills sessions (10)
 - Complete online quizzes and assignments
 - Complete all shadowing sessions
 - Complete all mock client sessions
- Course requires a time commitment equivalent to a 3-hour credit class

General Info

This is not an academic class

This course and certification are separate. You will schedule and take the NASM exam after completing this course

This course does not guarantee a position with USF RecWell

Participants who complete the course in good standing are eligible to interview for a position on the Personal Trainer team

Next Steps

Next course will begin
February 6, 2024

- Scheduled to meet on Tuesdays
5p-7p in room 107 at the
Recreation Center

Application Deadline:
January 31

Application Decision:
February 2

For questions or concerns
email Fitness Coordinator,
Celina Rosales at
cjrosales@usf.edu