

# ACE University Curriculum Syllabus

**Instructor:** Andrea DuBois

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**Class Meeting Times:** Monday/Wednesday 6:00pm – 8:00pm

**Office Hours:** By appointment

**Class Location:** SRFC Conference Room

## Course Description

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. This course presents the ACE Integrated Fitness Training™ (ACE IFT™) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered by this course and the ACE IFT Model will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.

Key topic areas covered include:

- Human Anatomy, Exercise Physiology, Applied Kinesiology, and Nutrition
- Principles of Adherence, Motivation, Behavior Change, and Health Psychology
- Communication and Teaching Techniques
- The ACE Integrated Fitness Training Model
- Building Rapport
- Health and Exercise History Information Assessment
- Functional Training: Assessments, Programming, and Progressions for Posture, Movement, Core, Balance, and Flexibility
- Physiological Assessments
- Resistance Training: Programming and Progressions
- Cardiorespiratory Training: Programming and Progressions
- Professional and Legal Responsibilities, Scope of Practice, and Business Strategies for Personal Trainers
- Special Exercise Programming Topics: Mind-body Exercise, Special Populations, and Exercise Implications of Common Musculoskeletal Injuries

## Reasonable Accommodation

"If you are in need of an accommodation for a disability in order to participate in this class, please let me know ASAP and also contact Services to Students with Disabilities at UH---183, (909)537---5238."

## **In-Class Conduct**

Foul language, poor sportsmanship, or any other rude and disrespectful behavior will not be tolerated in class.

## **Required Texts/Readings**

American Council on Exercise (2010). *ACE Personal Trainer Manual*, 4<sup>th</sup> ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

American Council on Exercise (2010). *ACE's Essentials of Exercise Science for Fitness Professionals*. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

American Council on Exercise (2010). *Master the Manual*, 4<sup>th</sup> ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

# COURSE SCHEDULE

Week 1	In-class Lesson	Resources
10/4/2010	<i>Essentials</i> Chapter 1 Human Anatomy	<a href="http://www.winkingskull.com">www.winkingskull.com</a> or <a href="http://www.getbodysmart.com">www.getbodysmart.com</a>
10/6/2010	<i>Essentials</i> Chapter 2 Exercise Physiology  <i>Essentials</i> Chapter 3 Fundamentals of Applied Kinesiology	Have students watch ACE Essentials of Applied Kinesiology DVD (2 hours) found in the back of the Essentials Manual
Week 2		
10/11/2010	<i>Essentials</i> Chapter 4 Nutrition  <i>Essentials</i> Chapter 5 Physiology of Training	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>
10/13/2010	<i>PT Manual</i> Chapter 1 Role and Scope of Practice for the Personal Trainer  <i>PT Manual</i> Chapter 2 Principles of Adherence and Motivation	
Week 3		
10/18/2010	<i>PT Manual</i> Chapter 3 Communication and Teaching Techniques  <i>PT Manual</i> Chapter 4 Basics of Behavior Change and Health Psychology	Lab Manual Activity #1  Lab Manual Activity #2
10/20/2010	<i>PT Manual</i> Chapter 5 Introduction to the ACE Integrated Fitness Training (IFT) Model  <i>PT Manual</i> Chapter 6 Building Rapport and the Initial Investigation Stage	Free 1-hr recorded webinar: <a href="http://www.acefitness.org/continuingeducation/coursedetail.aspx?courseid=4a5x86y2">http://www.acefitness.org/ continuingeducation/ continuingeducation coursedetail.aspx? courseid=4a5x86y2</a>  Lab Manual Activities #3, 4, 5

<b>Week 4</b>	<b>In-class Lesson</b>	<b>Resources</b>
10/25/2010	<i>PT Manual</i> Chapter 7 Functional Assessments: Posture, Movement, Core, Balance, and Flexibility	Lab Manual Activities # 6, 7, 8, 9
10/27/2010	<i>PT Manual</i> Chapter 8 Physiological Assessments	Lab Manual Activities #10, 11
<b>Week 5</b>		
11/1/2010	<i>PT Manual</i> Chapter 9 Functional Programming for Stability-Mobility and Movement	The ACE Exercise Library <a href="http://www.acefitness.org/exerciselibrary/default.aspx">http://www.acefitness.org/exerciselibrary/default.aspx</a>
11/3/2010	<i>PT Manual</i> Chapter 9 Functional Programming for Stability-Mobility and Movement (continued)  <i>PT Manual</i> Chapter 10 Resistance Training: Programming and Progressions	Lab Manual Activity # 12  Lab Manual Activity #13
<b>Week 6</b>		
11/8/2010	<i>PT Manual</i> Chapter 10 Resistance Training: Programming and Progressions (continued)  <i>PT Manual</i> Chapter 11 Cardiorespiratory Training: Programming and Progressions	Have students watch ACE's Practical Guide to Exercise Coaching DVD (2 hours) found in back of Personal Trainer manual
11/10/2010	<i>PT Manual</i> Chapter 11 Cardiorespiratory Training: Programming and Progressions (continued)  <i>PT Manual</i> Chapter 12 The ACE IFT Model in Practice	Lab Manual Activity #14
<b>Week 7</b>		
11/15/2010	<i>PT Manual</i> Chapter 13 Mind-Body Exercise  <i>PT Manual</i> Chapter 14 Exercise and Special Populations	
11/17/2010	<i>PT Manual</i> Chapter 14 Exercise and Special Populations (continued)	

<b>Week 8</b>	<b>In-class Lesson</b>	<b>Resources</b>
11/22/2010	<i>PT Manual</i> Chapter 15 Common Musculoskeletal Injuries and Implications for Exercise  <i>PT Manual</i> Chapter 16 Emergency Procedures	Online diagnostic sample test available for students through the ACE store at <a href="http://www.acefitness.org">www.acefitness.org</a>
11/24/2010	<i>PT Manual</i> Chapter 17 Legal Guidelines and Professional Responsibilities  <i>PT Manual</i> Chapter 18 Personal-training Business Fundamentals	
<b>Week 9</b>		
11/29/2010	Students take Sample Test/Written Simulation	Written Sim #3 (Larry)
12/1/2010	Review test	