

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

School of Health Sciences
Course Number: SPHE420
Course Name: Exercise Programming and Conditioning
Credit Hours: 3
Length of Course: 8 weeks
Prerequisite: None

Table of Contents

Instructor Information	Evaluation Procedures
Course Description	Grading Scale
Course Scope	Course Outline
Course Objectives	Policies
Course Delivery Method	Academic Services
Course Resources	Selected Bibliography

Instructor Information

Instructor:

Email:

Office Hours:

Location:

Course Description (Catalog)

This course is designed for the undergraduate degree in Sports and Health Sciences. Students will combine knowledge from prior classes such as Anatomy, Exercise Physiology, Nutrition and Training and Conditioning and will be prepared to implement their knowledge in a professional setting. Application of basic exercise training principles will be expanded as the course progresses, allowing the student to execute a wide range of personal fitness training principles such as fundamentals

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

of human movement science, client/athlete assessment, exercise training concepts, program design, nutrition and supplementation. This course incorporates advanced exercise programming techniques utilizing the Optimum Performance Training Model (OPT Model). This text is used for the Certified Personal Training examination offered by the National Academy of Sports Medicine (NASM-CPT). Upon successful completion of this course and with a valid CPR certification students are eligible to sit for this examination.

[Table of Contents](#)

Course Scope

This course is designed to provide students with an advanced understanding of how to design and implement personal fitness training programs. Students will be introduced to the human movement system, the Optimum Performance Training (OPT) model presented by the National Academy of Sports Medicine (NASM). Topics to be covered include the domains of basic exercise science; assessment; exercise technique and training instruction; program design; considerations in nutrition; client relations and behavioral coaching; and professional development, practice, and responsibility. This course is designed to enhance student's comprehension of the physiologic and scientific foundation of fitness programming. From beginning fitness enthusiast to professional athletes, this course will teach the student the necessary skills in order to specifically meet the needs of the individual client while preparing students for the NASM CPT certification.

[Table of Contents](#)

Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives** (L.O.):

1. Describe the characteristics of how to operate a successful personal training business while maintaining a positive client experience, safe environment, and excellent customer service.
2. Compare and contrast traditional strength training program design to research based integrated training and the the relationship of the theory of specificity to improved fitness.
3. Interpret human movement patterns, biomechanic functions, and exercise physiology concepts specific to an individual client and their daily activities and sport specific movements.
4. Analyze the phases of the OPT Model as they relate to the design of an individual client's exercise program, including fitness testing and training

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

concepts related to common posture and movement deficiencies, overtraining, and synergistic dominance.

5. Evaluate the role of the Components of Fitness (Cardiorespiratory, Muscular Strength and Endurance, Flexibility, Body Composition, and Skill), through an integrated fitness assessment, to a client's need for core, balance, resistance, reactive, speed, and agility training.
6. Adapt exercise program designs for individual populations with special considerations.
7. Establish behavior change strategies specific to a client's readiness for change and desired physical fitness or sport specific goals.
8. Examine the fitness professional's role in client based nutrition sciences

[Table of Contents](#)

Course Delivery Method

This SPHE420 Exercise Programming and Testing course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system (Sakai) will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted and include responses to Discussion Forum questions (accomplished in groups through a threaded discussion forum platform), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

[Table of Contents](#)

Course Materials

Required Course Textbook:

Edition	Authors	Book Title	Publication Info	ISBN
5th	McGill, E. A. & Montel, I. N. (Eds.) (2016)	Essentials of Personal Fitness Training	Jones & Bartlett Learning	ISBN-13: 978-1-284-113099

- The VitalSource e-book is provided via the APUS Bookstore.
- Please visit <http://apus.libguides.com/bookstore> for more information.

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

Textbook in APA format:

McGill, E. A. & Montel, I. N. (Eds.) (2016). *NASM essentials of personal fitness training* (5th ed.). Burlington, MA: Jones & Bartlett Learning.

Websites

Quizlet Material: In the majority of the weeks you will have a learning tool in the syllabus that provides quiz questions, interactive tools, matching, word association etc. dealing with the NASM content. Please take advantage of this.

In addition to the required course texts the following public domain Websites are useful. Please abide by the university’s academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address
The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx

[Table of Contents](#)

Evaluation Procedures	
Graded Items	Percent of Grade
Forums 1-8	30
Quizzes	20
Assignments 1-3	30
Final Project (Assignment #4)	20
Total	100

[Table of Contents](#)

8 – Week Course Outline

Please see the [Student Handbook](#) to reference the University’s [grading scale](#).

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

[Table of Contents](#)

<u>Week</u>	<u>Topic(s)</u>	<u>Learning Objective(s)</u>	<u>Reading(s)</u>	<u>Assignments</u>
1	<p>Chapter 1- Introduction to the Fitness Profession</p> <p>Chapter 2- Career Directions in Sport, Health, and Fitness</p> <p>Chapter 6- Concepts of Integrated Training</p>	L.O. 1 & 2	<p>Text Readings: Chapters 1, 2, 6 - NASM Essentials of Personal Fitness training (5th ed.)</p> <p>In SPHE420 Classroom: Weekly Lesson #1</p> <p>Quizlette Websites: Integrated Program Design flash cards</p> <p>Personal Training Business Flash Cards</p>	<ul style="list-style-type: none"> •Forum 1 •Quiz #1
2	<p>Chapter 3- Disciplines of Functional Biomechanics</p> <p>Chapter 4- The Human Movement System in Fitness</p>	L.O. 3	<p>Text Readings: Chapters 3-4 - NASM Essentials of Personal Fitness training (5th ed.)</p> <p>Appendix D- Muscular System</p> <p>In SPHE420 Classroom: Weekly Lesson #2</p> <p>Websites: www.nasm.org</p> <p>Review/Games- Skeletal System Flash Cards</p>	<ul style="list-style-type: none"> •Forum 2 •Quiz #2
#3	<p>Chapter 8- Client Acquisition and Consultation (p.257-277)</p> <p>Chapter 9- Executing Formal Fitness Assessments</p>	L.O. 5	<p>Text Readings: Chapters 8, 9, NASM Essentials of Personal Fitness training (5th ed.)</p> <p>Appendix B- OPT Exercise Programs</p> <p>In SPHE420 Classroom:</p>	<ul style="list-style-type: none"> •Forum #3 •Assignment #1 •Quiz #3

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

			<p>Weekly Lesson #2</p> <p>Websites / Quizlettes:</p> <p>www.military.com</p> <p>Flash Cards related to Fitness Assessment</p> <p>Flash Cards related to Developing a Personal Training business</p> <p>Fitness Assessment Flash Cards</p>	
4	<p>Chapter 10- Initializing Program Design</p> <p>Chapter 15- Exercise Technique</p>	L.O. 4	<p>Text Readings:</p> <p>NASM Essentials of Personal Fitness training (5th ed.) Chapters 10, 15</p> <p>Appendix C- One Repetition Maximum Conversion</p> <p>In SPHE420 Classroom: Weekly Lesson #4</p> <p>Website: www.military.com</p> <p>QUIZLET:</p> <p>Flash Cards related to Fitness Assessment</p> <p>Flexibility Training Concepts Flash Cards</p> <p>Balance Training Concepts Flash Cards</p> <p>Core Training Concepts Flash Cards</p> <p>Speed Agility</p> <p>Integrated Program Design flash cards</p>	<p>•Forum 4</p> <p>•Quiz #4</p>

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

5	<p>Chapter 11- The Optimum Performance Training (OPT) Model: Applying Stabilization</p> <p>Chapter 12- The Optimum Performance Training (OPT) Model: Applying Strength</p>	L.O. 4, 5, 6, 7	<p>Text Readings: Chapters 11, 12, NASM Essentials of Personal Fitness training (5th ed.)</p> <p>In SPHE420 Classroom: Weekly Lesson #5</p> <p>Website: Flexibility Training Concepts Flash Cards</p> <p>Balance Training Concepts Flash Cards</p> <p>Core Training Concepts Flash Cards</p> <p>Speed Agility Quickness Flash Cards</p> <p>Integrated Program Design flash cards</p>	<ul style="list-style-type: none"> •Forum #5 •Assignment #2 •Quiz #5
6	<p>Chapter 13- The Optimum Performance Training (OPT) Model: Applying Power</p> <p>Chapter 14- The Optimum Performance Training (OPT) Model: Every Day</p>	L.O. 2, 10, 11	<p>Text Readings: Chapters 13, 14, NASM Essentials of Personal Fitness training (5th ed.)</p> <p>In SPHE420 Classroom: Weekly Lesson #6</p> <p>Websites: Flexibility Training Concepts Flash Cards</p> <p>Balance Training Concepts Flash Cards</p> <p>Core Training Concepts Flash Cards</p> <p>Speed Agility Quickness Flash Cards</p> <p>Integrated Program Design flash cards</p>	<ul style="list-style-type: none"> •Forum 6 •Assignment 3 •Quiz #6
7		L.O. 1, 8	<p>Text Readings: Chapters 5, 7, NASM Essentials of Personal</p>	

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

	<p>Chapter 5- Client-Based Nutrition Sciences</p> <p>Chapter 7- Navigating the Professional Environment</p>		<p>Fitness training (5th ed.)</p> <p>In SPHE420 Classroom: Weekly Lesson #7</p> <p>Website: www.military.com</p> <p>QUIZLET:</p> <p>Nutrition Flash Cards</p> <p>Flash Cards related to Fitness Assessment</p> <p>Flash Cards related to Developing a Personal Training business</p>	<p>•Forum 7</p> <p>•Quiz #7 Ch.13-14</p>
8	<p>Chapter 8- Client Acquisition and Consultation (p. 237-257)</p> <p>Chapter 16- Behavior Change Strategies for Client Results</p>	L.O. 1, 7	<p>Text Readings: Chapters 8, 16, NASM Essentials of Personal Fitness training (5th ed.)</p> <p>In SPHE420 Classroom: Weekly Lesson #8</p> <p>Website:</p> <p>Flash Cards related to Fitness Assessment</p> <p>Flash Cards related to Developing a Personal Training business</p>	<p>•Forum #8</p> <p>•Assignment #4 Final Project</p> <p>•Quiz #8</p>
Please refer to the following Appendices to supplement your reading each week				
<i>App A</i>	Exercise Library			
<i>App B</i>	OPT Exercise Programs			
<i>App C</i>	One Repetition Maximum Conversion			
<i>App D</i>	Muscular System			

[Table of Contents](#)

Please see the [Student Handbook](#) to reference the University's [grading scale](#)
[Table of Contents](#)

Policies

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS. Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

[Drop/Withdrawal Policy](#)

[Plagiarism Policy](#)

[Extension Process and Policy](#)

[Disability Accommodations](#)

WRITING EXPECTATIONS

All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.
- *All assignments MUST be submitted in WORD document format only.*

CITATION AND REFERENCE STYLE

Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6th Edition.

LATE ASSIGNMENTS

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me **before the due date** so we can discuss the situation and determine an acceptable resolution. Lack of communication prior to a missed assignment will result in point deductions (late assignments) for your assignments. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

NETIQUETTE

Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the fun and excitement of learning

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Educator classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

DISCLAIMER STATEMENT

Course content may vary from the outline to meet the needs of this particular group.

[Table of Contents](#)

Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- **Charles Town Library and Inter Library Loan:** The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books:** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Turnitin.com:** Turnitin.com is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.

- **Tutor.com:** Students have access to 10 free hours of tutoring service per year. **Tutor.com** is an award-winning online homework help and learning service that connects students to a certified tutor for one-on-one help. Get help with homework, studying, projects, essay writing, and test prep in every subject, including algebra, statistics, chemistry, physics, social studies, and English. There are thousands of academic and career services resources—worksheets, practice problems, videos in every subject, as well as financial literacy tips. They are available 24/7 so you can access them whenever you need extra help. **Tutor.com** can be accessed through the Online Library Tutorial Center link.

[Table of Contents](#)

Request a Library Guide for your course

(<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu

[Table of Contents](#)

Request a Library Guide for your course

(<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g. SPHE319) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu

[Table of Contents](#)

Turnitin.com

Turnitin.com will analyze a paper and report instances of potential plagiarism for the student to edit before submitting it for a grade. In some cases professors may require students to use Turnitin.com. Typically the course professor will establish a Turnitin.com access code for his/her classes. If the code has not been established, those who wish to use Turnitin.com may ask their professor to establish the code. Students will not be required in this class to use turnitin due to all assignments being randomly chosen by your instructor, as they will submit randomly to turnitin for you.

Good luck & enjoy this class 😊