**HSW 470 Experiential Learning – Fitness Testing & Personal Training**

General Information

Instructor: Kevin Kirschbaum MS, CSCS

Office: Science Building D 140

Phone: 715-570-2248

Email: kkirschb@uwsp.edu

Class Time: Tuesdays 2:00 – 3:50pm; Additional hours for Healthy American health and fitness

assessment times will be assigned; client assessment and programming times will be

scheduled mutually between you and your client. Additional hours of assessment technique

training may be required in the first 4 weeks of the semester. Travel to Delta Dental Fitness Facility, Strength Center or Cardio Center. Potential for preferred location if approved by instructor.

Location: MCCH 033 (Health and Human Performance Lab)

**CPR certification is required**: you need to have proof of current certification prior to working with clients or Healthy American students. If you do not have this, you will be dropped from the course.

[Online Safety Classes & Training | Red Cross](https://www.redcross.org/take-a-class/online-safety-classes)

**Cardio Center Membership**: If we have in person clients ½ cost covered by HPHD dept., ½ discounted from Cardio Center. Amy Fitschen – Fitness Programs Manager

**Texts & Other Resources**

• American College of Sports Medicine. Guidelines for Exercise Testing and Prescription. 9th ed.; 2014.

• ACSM’s Certification Review. 4th ed. 2014 – not sure this is at text rental, if not no worries

**Online Resources**

• Printable resources at:

* <https://www.choosemyplate.gov/>
* <https://www.choosemyplate.gov/browse-by-audience/view-allaudiences/professionals>
* <https://health.gov/>

**Objectives**

• Through the testing of Healthy American students, you will be able to:

* Demonstrate technically accurate health/fitness testing skills
* Explain the physiologic rationale for each test and its relationship to health
* Explain individual test results and suggest strategies for improvement
* Demonstrate an awareness of diversity and be respectful of individual differences

• Provide an opportunity to establish and develop a professional relationship with a client(s):

* Perform and evaluate dietary assessments
* Physical fitness assessments
* Develop, implement, and oversee an appropriate exercise and eating program for that client

• Create a case study of the client by compiling a record of client

* Outcome measures
* Goals
* Progress
* Evaluate and reflect upon the experience.

• Become comfortable with the competencies for ACSM’s Certified Personal Trainer certification.

**Course Requirements and Assignments:**

* **Attendance and Participation**: For optimal learning to occur in this course you will need to attend required classes and participate. Therefore, please be prepared to engage in weekly class sessions, ask questions, share experiences, contribute to discussion, participate with an open mind, and challenge yourself. For every class missed after one, you will lose 10 points.
* **Field Work:** The goal is 100 hours of exercise and nutrition related work in the health and human performance lab and with your clients at their training site. Kevin will supervise you as you refine your health and fitness assessment skills to prepare you to test and work with the Healthy American students and your clients. The first several weeks of the semester will involve practice in the lab and mastering content in the first few chapters of the ACSM guidelines. You will be given a client or clients that you will work with during the semester to help them achieve their exercise/nutrition related goals. You will work as a Lab Assistant to perform health and fitness assessments on students in the Healthy American class. Other activities may be included depending on the interest of the student. These may include: ACSM personal trainer exam study, research into a specific exercise related topic, developing presentation skills on an exercise/nutrition related topic, specific lectures/discussion of exercise-related topics.
* **Weekly log sheets**: Record the number of hours worked per week, cumulative semester hours, and progress on projects and assigned tasks. Log sheets must be submitted in Canvas by 11:59 p.m. each Sunday for work completed the week before. There are 12 log sheet submissions, labeled by due date. Please submit only one log sheet per week, on the correct date. Submit a log sheet for all 12 weeks, even if you didn’t have work to record that week. Simply state, “no hours completed this week” on the log sheet. If you begin accumulating hours before the week the first log sheet is due, include all hours worked to date on the first log sheet. A master copy of the log sheet is available in Canvas.
* **Reflection paper:** Write a one-page paper about your practicum experience to include the following: your honest thoughts about what you learned from your practicum experience, concerns you had about your placement/experience, suggestions for improvement and your success stories about things that went well. Please do not describe what you did in detail as you report this in your log sheets and your self-evaluation. Submit your reflection paper in Canvas by the due date indicated on the course calendar.
* **Self-evaluation:** Complete the student self-evaluation found in Canvas and submit by the due date indicated on the course calendar.
* **Presentations**: Create a Power Point presentation on a topic you researched or project you completed. We will discuss this to make it something that is useful to you. Submit the Power Point for your presentation in Canvas prior to class on the day of your presentation. Dates to be determined.
* **Field Work Journal** - Develop a field work journal that contains an accumulation of all materials created and utilized during the practicum experience. For exercise and nutrition practicum students this most likely will be:
	+ - A client case report that indicates what your clients’ goals were, the pre and post test results, a description of the program that you created for your client, summary of whether goals were met and the plan for how the client would continue in the future. You will include thoughts on what you learned, what you would do differently in the future.
		- Field Work Journal will be submitted electronically in Canvas by the due date designated on the course calendar. This will be one final cumulative document

**Grading**

Log Sheets – 10 points each, 10 weeks 100 points

Quality of Work (supervisor evaluation) 100 points

Field Work Journal 100 points

Reflection paper 50 points

Self-Evaluation 50 points

Presentation 100 points

Attendance 100 points

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TOTAL 600 points

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|   |   | **A** | ≥93%  | **A-**  | 92.9-90%  |
| **B+**  | 89.9-87%  | **B**  | 86.9-83%  | **B-**  | 82.9-80%  |
| **C+**  | 79.9-77%  | **C**  | 76.9-73%  | **C-**  | 72.9-70%  |
| **D+**  | 69.9-67%  | **D**  | 66.9-60%  | **F**  | <60%  |

**GRADING SCALE:**

**HPW 430 Tentative Course Calendar Fall 2022**

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| **Dates** | **Discussion/Assignments Due** |
| **1.24** | **Welcome, Syllabus Review & Class Expectations. Preparticipation PA Screening/Risk Stratification** |
| **1.31** | **Cardiorespiratory Fitness Assessment & Blood Pressure (students to Delta Dental)** |
| **2.7** | **Muscular Endurance/Strength and Flexibility Assessment** |
| **2.14** | **MicroFit Testing/Body Composition** |
| **2.21**  | **Begin Working with Clients - submit weekly log sheets** |
| **2.28** | **Healthy American Testing Begins Week of March 6th**  |
| **3.7** | **Functional Movement Assessment and Screening**  |
| **3.14** | **Continued Lectures (based on student interest and goals)** |
| **5.2 & 5.9** | **Presentations** |
|  | **No Final. Submit Final Eval, Reflection Paper, & Field Work Journal** |