

# EXSC 2430 – DESIGNING TRAINING PROGRAMS

Department of Exercise Science  
School of Science, Math, and Engineering  
Salt Lake Community College

**Instructor:**

**Office Location:**

**Student office hours:**

**E-Mail Address:** Canvas Inbox (**Preferred**) or

## COURSE DESCRIPTION

The purpose of this course is to apply scientific principles of exercise to the development and implementation of training programs for apparently healthy individuals and athletes. The focus will be on addressing risks, needs, fitness capacity, and goals in the creation of training programs to improve the components of fitness (cardiorespiratory, muscular, and flexibility/mobility).

**Prerequisites:** EXSC 2425 Evaluation and Assessment of Fitness

**Credit Hours:** 3

**Required Text:** ACSM's Guidelines for Exercise Testing & Prescription 11<sup>th</sup> edition.  
American College of Sports Medicine, Publisher: LWW, 2022.

**Canvas Link:** <https://slcc.instructure.com/courses/953455>

## COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

1. Describe the risks and benefits associated with exercise prescription and application.
2. Execute and evaluate individual client assessments including pre-participation screening, behavior change readiness, goal setting, and fitness testing.
3. Create and implement an exercise training program to improve cardiorespiratory fitness, muscular fitness, and flexibility/mobility to enhance well-being, health, and/or sport performance based on individual health, needs, goals, and fitness.
4. Differentiate between acute responses to exercise and long-term adaptations to chronic training.
5. Develop long-term training plans based on goals, timing of adaptations, periodization, and training theory.
6. Evaluate current research for reliability, validity, and application in the context of training program methodology, design, and implementation.

## COURSE REQUIREMENTS

This Designing Training Programs course provides 3 credit hours per week in a traditional lecture format including discussions and hands-on activities. Additionally, at least 8-10 hours per week of preparation and study outside of class is expected.

All students are required to:

- Log in to the Canvas site on a regular basis.
- Attend and participate in class. If you choose not to attend, you accept the responsibility for what occurs during your absence.
- Complete reading assignments prior to attending class.
- Complete and pass all exams (including ACSM Certified Personal Trainer exam) and assignments based upon required reading, lectures, and activities.
- Develop a training program design template for use with clients.
- A total of 25 internship hours will be accrued through working with an individual to develop a personal training program. These hours will be applied to EXSC 2450 Personal Trainer Internship.

## COURSE POLICIES

This syllabus contains the policies and expectations that have been established for this course. These policies and expectations are intended to create a productive learning atmosphere for all students. Please bring any concerns or suggestions you may have to my attention. To create and preserve a course atmosphere that optimizes teaching and learning, we all share the responsibility of working together to cultivate a positive learning environment. A positive learning environment includes embracing the diverse identities, viewpoints, and experiences that you all bring to the class. The concepts and ideas we discuss in this class can be applied to everyone, but we must consider the differences in contributions to the field, access to healthcare and exercise opportunities, genetics, and social or cultural beliefs and backgrounds.

- Most assignments will be submitted electronically on Canvas. There will also be activities/assignments completed in class.
- It is assumed that if you are taking this course, you have access to a reliable, up-to-date computer and consistent internet access. Have a backup computer arranged with a friend or family member in case of computer malfunction. Computers are available at the public library and in Salt Lake Community College libraries. If there is a problem with Canvas, the instructor will be the first to know and will adjust due dates if necessary. If you have difficulty accessing the Canvas course site, contact the Salt Lake Community College Help Desk at 801-957-5555.
- Messages will be posted on the course “**Home**” page or in the “**Announcements**” tab. Please be sure you read these messages as they contain pertinent information. If you have a question, email your instructor through the Canvas Inbox.
- Communication is key! If you have a question, email me through the Canvas Inbox. I typically respond to messages within 24-48 hours during the work week. I also check messages periodically on weekends. Please do not wait to contact me if you are having

any issues in or out of the course. It is much easier for me to work with you if I know what is going on as soon as possible.

- Please see Canvas for the **Institutional Syllabus** with important institutional policy and services information.
- To create and preserve a positive learning environment, students are expected to conduct themselves in a manner that does not disrupt teaching or learning, and they are expected to follow these standards: Course discussions should be civilized and respectful to everyone and relevant to the topic we are discussing. Discussion forums are meant to allow for a variety of viewpoints, this can only happen if we respect one another and our differences. Please see the **Netiquette** page in Canvas for tips on how to interact with others in an online environment.

## **GRADING POLICIES**

- Due dates for assignments, discussions, quizzes, and exams are provided on the **Course Calendar** and in **Canvas**.
- Late work policy: Assignments should be submitted on time. **A 5% deduction will be taken for each day that an assignment is late.** Assignments submitted more than one week after the due date will not be accepted. *Some assignments may not be submitted late.*

**Grades:** Student performance is based on a percentage of the possible points. Scores are available in the Canvas gradebook and ***should be monitored on a regular basis.*** Contact me to discuss grade concerns throughout the semester.

### **Point Breakdown:**

<b>Assessment *</b>	<b>Points</b>
Training Book Content and Info Quiz	10
Training Book Presentation	100
Presentation Peer Reviews (10 points each)	60
ACSM Exam Confirmation	20
ACSM Exam or Practice Exam	150
Program Design Template	100
Exercise Demonstrations	TBD
Weekly Training Programs	TBD
Final Case Study – Personal Training Program and Plan	150
In-class activities & assignments TBD	TBD
Extra credit opportunities TBD	TBD
<b>Approximate Total</b>	<b>800</b>

**\*Detailed instructions and requirements for each assessment can be found in Canvas.**

**Instructor reserves the right to modify dates and/or points for assignments, quizzes, and/or exams. There may also be additional in-class quizzes and/or assignments. Extra credit may be available throughout the semester.**

### **Grade breakdown by percentage:**

<b>A</b>	95-100%	<b>C</b>	73-75
<b>A-</b>	90-94	<b>C-</b>	70-72
<b>B+</b>	86-89	<b>D+</b>	66-69
<b>B</b>	83-85	<b>D</b>	60-65
<b>B-</b>	80-82	<b>D-</b>	55-59
<b>C+</b>	76-79	<b>E</b>	Below 55%

**Incompletes:** An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

### **COURSE SCHEDULE**

This class meets for **3** lecture/lab hours per week. Please see class **Calendar** for a detailed schedule.

#### Course Topics:

- ACSM Certified Personal Trainer exam information and review
- Strength training exercises – muscle groups targeted, importance of movements, safety, cueing, modifications, progression
- Initial client consultation and screening – ACSM algorithm
- Behavior change strategies
- Fitness assessments
- FITT-VP
- Methods of assessing and prescribing exercise intensity
- Exercise programming and implementation
- Monitoring training
- Periodization of training
- Legal and professional responsibilities

### **SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:**

- Acquire substantive knowledge in the intended major and throughout General Education
- Communicate effectively
- Develop quantitative literacies required for the chosen field of study
- Think critically
- Express themselves creatively

- Develop civic literacy and the capacity to be community-engaged learners who act in mutually beneficial ways with community partners
- Develop the knowledge and skills to work with others in a professional and constructive manner
- Develop information literacy
- Develop computer literacy

**The Core Themes of SLCC’s Mission to provide quality Higher Education to the Broader Community are:**

- Access and Success
- Transfer Education
- Workforce Education

**STUDENT CODE OF CONDUCT:**

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: [https://www.slcc.edu/policies/policies/student\\_affairs/8.1.050.aspx](https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspx).

**Use of artificial intelligence (AI) in this course:**

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -*SLCC Dean of Students*

Generative AI can be an excellent resource, but your own thoughts and words must be used on all assignments and discussion posts. If any sources are used, including generative AI, they must be properly cited.

**SLCC Student Resources**

A recent study conducted by the University of Wisconsin and Temple University found that 36% of college students nationwide are food insecure. SLCC has a food pantry for students. Check it out here: <https://www.slcc.edu/thaynecenter/programs-services/bruinpantry.aspx>

For childcare assistance, look here: <http://www.slcc.edu/childcare/index.aspx>

Please be aware that stress, anxiety, and other mental health issues are extremely common among students and seeking help is very important! Counseling services at SLCC are confidential and low cost. Counseling appointments are \$15/session. Please contact SLCC Center for Health and Counseling: <http://www.slcc.edu/chc/>

If you are having trouble with meeting basic needs, please visit <http://www.slcc.edu/student/>, or <https://www.slcc.edu/fye/housing/crisis-circumstances.aspx> if you are in crisis. SLCC has a number of resources. Furthermore, if you are comfortable with doing so, please consider notifying your instructor so that she can provide you with any resources she may have access to.