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**AGENDA**  
**ACSM Certified Personal Trainer<sup>SM</sup> Workshop**

**SATURDAY**

**9:00 am – 12:30pm SECTION ONE: Introduction to Exercise Science and Physiology**

- 9:00 am ó 10:00 Physical Activity, Exercise, and Fitness Defined; Fitness Training Principals
- 10:00 am ó 11:00 Energy Systems, Cardiovascular/Respiratory Systems
- 11:00 am ó 11:30 Risk Management and Emergency Action Procedures
- 11:30 am ó 12:30 LUNCH

**12:30 pm – 3:15 SECTION TWO: Introduction Kinesiology**

- 12:30 pm ó 1:30 Human Movement, Biomechanical Principles
- 1:30 pm ó 2:30 Anatomical Terms and Actions
- 2:30 pm ó 2:45 BREAK
- 2:45 pm ó 3:15 Muscle and Joint Movement Practicum

**3:15 pm – 6:30 SECTION THREE: Introduction to Cardiorespiratory Assessment and Programming**

- 3:15 pm ó 4:15 Initial Client Consultation, Preparticipation Health Screening
- 4:15 pm ó 4:45 ACSM Risk Factor Education
- 4:45 pm ó 5:00 BREAK
- 5:00 pm ó 6:00 Blood Pressure and Heart Rate Assessments, Methods of Monitoring Intensity, Cardiorespiratory Fitness Programming, Assessment
- 6:00 pm ó 6:30 The Queens College Step Test Demonstration and Mock Practicum

## SUNDAY

**9:00 am – 1:00 pm SECTION FOUR: Body Composition, Health Consequences, and Nutritional Issues**

9:00 am ó 9:45 Nutrition and Food Labeling, Disordered Eating and the Female Athlete Triad

9:45 am ó 10:45 Anthropometric Data, Risks, Body Fat Assessments

10:45 am ó 11:00 BREAK

11:00 am ó 12:00 Anthropometric and Body Fat Demonstration and Practicum

12:00 pm ó 1:00 LUNCH

**1:00 pm – 3:15 SECTION FIVE: Muscle Strength/Endurance Assessment and Programming**

1:00 pm ó 2:15 Resistance Training for Sport/ Fitness/Health, Designing Resistance Training Programs for Healthy Adults, Spotting

2:15 pm ó 3:00 Muscle Strength and Endurance Assessments, Resistance Training Kinesiology Review

3:00 pm ó 3:15 pm BREAK

**3:15 pm - 4:30 pm SECTION SIX: Flexibility, Range of Motion Assessment, and Programming**

3:15 pm ó 4:00 Methods of Stretching, Programming for Flexibility, Postural Deviations, Flexibility Assessments

4:00 pm ó 4:30 Trunk Flexion Demonstration and Practicum

**4:30 pm – 6:30 pm SECTION SEVEN: Case Study Practicum, Programming, Workshop Evaluations**

4:30 pm ó 5:15 Practice Case Studies

5:15 pm ó 6:15 Case Studies Program Design Practicum

6:15 pm ó 6:30 Workshop Evaluations Completed