The Personal Training (PT) Prep Course at UIUC is designed to teach students about the basics of personal training and prepare students to either work for Campus Recreation for pay or to acquire knowledge to earn a national certification. The following topics will be covered:

- scientific rationale with PT
- introduction to exercise science
- cardiorespiratory system
- bioenergetics
- human movement
- fitness assessment
- training regimes
- lifestyle change
- business models

Although you will work through the module course at your own pace, you will have access to answers and feedback from experts in the field who have years or decades of experience. Please, reach out if you have any questions!
ABOUT PT TRAINING COURSE AND YOUR RESOURCES

Meet Your Senior Leader within Campus Recreation!
Alana Harris is the Associate Director Assessment, Student Wellness, and Adventure Recreation. She personally oversees a team of faculty, trainers, and hourly workers who keep the personal training program running efficiently and effectively.

Meet your Course Coordinator
Toni Marie Burkhalter has a passion for the sciences and education. Currently, she holds two Master's degrees from UIUC and has taught classes that focus on the effects of exercise and nutrition on the body for the past 20 years. She has won local and national teaching awards. She is always looking to improve herself and the classroom experience for her students. She enjoys the outdoors with her husband (Corey), traveling with friends, hosting gatherings at her house, bonding with her kids, and hiking with her dogs Oskee and Vegas.

Class Location/Time: All lecture material found in Compass2g (the learning management platform)
Online students will work asynchronously. For personalized attention, students can reach out on the help discussion board and request a meeting. We are here for you!

Course Platform and Location of All Digital Materials: https://compass2g.illinois.edu/webapps/login/

Visit Campus Recreation as a Student: Student with access to Campus Recreation are encouraged to visit both the Activities Recreation Center (ARC) or Campus Recreation Center East (CRCE) for their own health, to get acclimated with the facility and equipment, as well as to observe the personal trainers at work. Information about facilities can be found at https://campusrec.illinois.edu/facilities/

Many Individuals Working Together Many individuals work in concert to provide a facility with quality equipment and services. Check out the staff page at https://campusrec.illinois.edu/about-us/staff-directory/
CLASS STRUCTURE & METHODS OF ASSESSMENT

CLASS SETUP
Students interested in participating in the free asynchronous course to prepare them to work in the field of personal training need to request access by sending an email to personaltraining@illinois.edu. You will be sent basic access information at that time.

COURSE MATERIALS
- We will provide basic materials for you to review prior to completing assessments
- Each Module contains lecture videos, slides, quizlets, and additional resources corresponding to each module
- Each module will have a set of questions which will test your knowledge application
- Student grades are tracked within the gradebook and posted instantly
- Mentorship Program and a Skills Day Workshop are included (more information on page 4)

Grade Point Total

15 module review quizzes + one mentorship question 901 points
3 Mentorship Program Sessions 99 Points

Total 1,000 points

Grading Scale Based on Points After All Materials are Graded at the End of the Semester
900 points + = MASTERY / 800 points + = PASSING / NO PASS < 800 POINTS

*Note: Students passing will be sent email invites to the in person application and testing day 7-14 days prior to the application and testing day but after grades are calculated from all submitted items above.

ASSESSMENT INFORMATION
- The assessments at the end of each of the modules can challenge your thinking
- Reflect on what option choices are most accurate
- Students will have multiple chances to complete each assessment
- Students will be provided a grade once the assessment is completed
- The quizzes are open note... so be sure to write down key points as you learn
- Taking an assessment with assistance from others is a violation of academic integrity
- Sharing assessment questions with others is a violation of academic integrity
- A final grade of 80% correct is required to advance to the next module online
Mentorship Program

- Throughout the duration of the course, you will have an opportunity to be mentored by and shadow several of the trainers at Campus Recreation.
- Three mentoring sessions are available throughout the course.
- These mentoring sessions must be completed before the skills day workshop.
- This mentorship will give you an opportunity to see different trainers’ techniques along with different clients with different needs.
- Each session you participate in will add 33 points to your total points.
- In order to participate in the program please email one of your TAs to get started.

Skills Day Workshop

- This workshop will be held on a Saturday (date TBD) during the fall and spring semesters.
- The workshop will give you a chance to bring all the concepts you have learned throughout the course together and give you the opportunity to ask questions from the instructor and the TAs.
- You must have completed all quizzes with a minimum of 80% in each quiz to attend the one-day workshop.
- The workshop is mandatory to be considered for an interview with Campus Recreation.
- After the Skills Day Workshop the class is completed.
  - If you did not complete the course by the Skills Day Workshop you will no longer be able to access the course
  - If you wish to retake the course, please reach out to personaltraining@illinois.edu to re-register for the course for the following semester.
UNIVERSITY POLICIES

Students with Disabilities

To obtain disability-related academic adjustments and/or auxiliary aids, students with disabilities must contact the course instructor and the Disability Resources and Educational Services (DRES) as soon as possible. To contact DRES, you may visit 1207 S. Oak St., Champaign, call 333-4603, e-mail disability@illinois.edu or go to the DRES website. If you are concerned you have a disability-related condition that is impacting your academic progress, there are academic screening appointments available on campus that can help diagnosis a previously undiagnosed disability by visiting the DRES website and selecting “Sign-Up for an Academic Screening” at the bottom of the page. If you have a disability, be sure to submit your documentation in Compass for accommodations. For more information visit: https://www.disability.illinois.edu/

Family Educational Rights and Privacy Act (FERPA)

Any student who has suppressed their directory information pursuant to Family Educational Rights and Privacy Act (FERPA) should self-identify to the instructor to ensure protection of the privacy of their attendance in this course. See http://registrar.illinois.edu/ferpa for more information on FERPA.

Emergency Response Recommendations

Emergency response recommendations can be found at the following website: http://police.illinois.edu/emergency-preparedness/

I encourage you to review this website and the campus building floor plans website within the first 10 days of class. http://police.illinois.edu/emergency-preparedness/building-emergency-action-plans/

Academic Integrity

The University of Illinois at Urbana-Champaign Student Code should also be considered as a part of this syllabus. Students should pay particular attention to Article 1, Part 4: Academic Integrity. Read the Code at the following URL: http://studentcode.illinois.edu/

*Even though we have select assessments that are "not proctored" it is still expected that students adhere to the guidelines and expectations of that assessment.