

Course Unit	Personal Training	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	2
Level	1-3	ECTS credits	4.0
Code	9563-625-3206-00-23		
Workload (hours)	108	Contact hours	T - TP 15 PL 30 TC - S - E - OT - O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Catarina Margarida Silva Vasques

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Apply the rules of good conduct of personal trainer;
2. Implement screening questionnaires and the protocols to properly evaluate the physical fitness of the client;
3. Master the techniques of handling materials and equipment associated with functional training;
4. Use appropriate methods of training according the needs and objectives of clients;
5. Understand and dominate the principles of planning and organization of individualized training;
6. Select and apply methods of training to fit the needs of specific populations, such, obese, elderly, pregnant and individuals with metabolic diseases.

### Prerequisites

Not applicable

### Course contents

1. The Personal Trainer 2. Initial evaluation of the client. 3. Functional training 4. Exercise prescription for specific populations

### Course contents (extended version)

1. The Personal Trainer
  - Ethics Code and attitude of the personal trainer
  - Recommendations and variables of success in personalized service
  - Structuring Custom Training Service (behavior and posture)
  - Adherence and promotion strategies of the Personal Trainer service
  - Models of intervention and provision of the Personal Trainer service
  - Programming and marketing planning: market analysis and segmentation
2. Initial client evaluation
  - Questionnaires and screening models: Concept of anamnesis
  - Evaluation protocols to assess fitness: muscular and cardiovascular fitness
  - Objectives and client needs
3. Functional training
  - Pillars of functional training
  - Integrated Functional Training
  - Materials and equipment used in functional training
  - Planning programs for weight loss and improving body composition
  - Planning of programs for gaining muscle mass
4. Exercise prescription for specific populations
  - Individuals with metabolic diseases
  - Elderly population
  - Obese population
  - Pregnancy
  - Among others

### Recommended reading

1. ACSM (2018). ACSM's Resources for Exercise Physiologist: A practical guide for the health fitness professional (2nd ed.). Philadelphia: Wolters Kluwer Health;
2. ACSM (2021). ACSM's guidelines for exercise testing and prescription (11th ed. ). Wolters Kluwer Health.
3. Page, P. , & Ellenbecker, T. S. (2019). Strength Band Training (3th edition). Human Kinetics.
4. Brown, L. E. (2017). Strength Training, Second Edition (Nsca -National Strength & Conditioning Association). Human Kinetics.
5. Olim, C., Zegrem H., Gonçalves, R. (2022). Manual do Técnico Especialista em Exercício Físico. Fitness Academy, Omniserviços.

### Teaching and learning methods

Sessions with the use of audiovisual media. Practice sessions of systematization of knowledge acquired in advanced theoretical and practical sessions. Tutorial sessions to support the achievement of individual and group work. Project-based learning process with micro class presentation.

### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 30% (Theoretical test)
  - Practical Work - 70% (4 pratic Works = 40% Practical session of personalized training =30%).
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 30% (Exam)
  - Practical Work - 70% (The note of this component corresponds to that obtained in point 1b.)

### Language of instruction

Portuguese

## Electronic validation

Catarina Margarida Silva Vasques	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
09-01-2024	25-02-2024	26-02-2024	27-02-2024