

**PotentRx Personal Training Program
Tentative Syllabus Winter Quarter 2011**

WEEK	DATE	TOPIC	ASSIGNMENT
1	Phase 1 1/04-1/08	Introduction to Personal Training Anatomy and Physiology Practical	ACSM Ch. 1-2 ACE Ch. 1 ACSM Ch. 3
2	1/11-1/15	Anatomy and Physiology Anatomy and Physiology Holiday	ACSM Ch. 3 ACSM Ch. 3 Exam 1
3	1/18-1/22	Biomechanics Biomechanics Practical	ACSM Ch. 4 ACSM Ch. 4 Exam 2
4	Phase 2 1/25-1/29	Exercise Physiology Exercise Physiology Practical	ACSM Ch. 5 ACSM Ch. 5
5	2/01-2/05	Exercise Physiology Nutrition Practical	ACSM Ch. 5 Exam 3 ACSM Ch. 6
6	2/08-2/12	Nutrition Nutrition Practical	ACSM Ch. 6 ACSM Ch. 6 Exam 4
7	Phase 3 2/15-2/19	Exercise Testing Exercise Testing Holiday	ACSM Ch. 12-13 ACE Ch. 7-9
8	2/22-2/26	Exercise Testing and Prescription Exercise Testing and Prescription Practical	ACSM Ch. 14 ACSM Ch. 14 Practical Exam
9	3/01-3/05	Special Populations Special Populations Practical	ACSM Ch. 20 ACE Ch. 14 ACSM Ch. 20 Exam 5
10	Phase 4 3/08-3/12	Behavior Modification Behavior Modification Practical	ACSM Ch. 7-8 ACE Ch. 2 ACSM Ch. 9-10 ACE Ch. 3
11	3/15-3/19	Behavior Modification Program Design Practical	ACSM Ch. 11 ACE Ch. 4 ACSM Ch. 15-16 Exam 6
12	3/22-3/26	Program Design Program Design Practical	ACSM Ch. 17-18
13	3/29-4/02	Spring Break	
14	4/05-4/09	Program Design Program Design Practical	ACSM Ch. 19 ACE Ch. 5-6
15	4/12-4/16	Program Design Business of Personal Training Practical	ACE Ch. 10-12 Exam 7 ACSM Ch. 21 ACE Ch. 17
16	4/19-4/23	Business of Personal Training Business of Personal Training Holiday	ACSM Ch. 22 ACE Ch. 18 Business Plan Exam 8

17	4/26-4/30	Review Final Exam Practical	Final Written Exam
18	5/07	Practical	
19	5/14	Practical	
20	5/21	Practical	
21	5/28	Practical	Final Practical Exam