PE 121 Personal Trainer Certification Course – 3.0 Units

Advisory: BIOL 107 or PE 107 Hybrid Course: on-campus lecture/lab 2.5 hrs/week, 2.0 hrs/wk Web Based lecture/lab

Thank you for your interest in PE 121. The following information is intended to help you understand the course expectations and requirements of this course before class begins on August 27, 2012.

This course is designed to prepare students to meet the stringent certification standards set forth by the American Council on Exercise (ACE). Through a variety of health and fitness training and evaluation techniques, students engage in an assortment of practical experiences, while developing a thorough understanding of core exercise concepts and principals.

An additional registration and exam fee will be required for those students wishing to take the ACE certification exam. Student can learn more about this by going directly to the ACE website at acefitness.org.

This is a hybrid course. Students should not sign up for this class unless they can attend the mandatory class meeting once a week, which will include both lecture and practicum experience. Students will be required to spend a significant amount of time preparing for practice exams, mastering proper exercise techniques and reading.

Because this course has an online component, students are expected to access the course many times during the week to stay up to date with email correspondences, discussion forums, assignments, and assessments. This is not a self-paced course. Many students think that distance education will somehow be easier than a face-to-face class, only to discover that the workload is different but by no means less time consuming or difficult. For success in this course, be sure you have both the time and the technology to undertake it.

For success in this course, you must have access to a reliable computer, your MyCOM email account, and a functioning Internet connection. You should also have a backup plan should your system or your Internet provider fail you. Since all of your assignments are posted on to the course website you must have a basic understanding of how to use email and attachments, navigate the Internet, and communicate online.

Access Requirements

Students should always access the class web site in Moodle via MyCOM. For information about getting a MyCOM account, read the FAQ’s on the MyCOM Portal login page. #6 on the Portal login page explains how to get to Moodle.

First Day of Class Instructions

All enrolled students are required to login to the class Moodle website before the first day of instruction, August 27. There will be instructions on what to bring to the first class meeting. If a registered student does not come to the first class meeting, his or her spot may be given to a student on the waitlist.

Waitlist & Add Codes

If you are on the waitlist check your mycom portal email often for notices from COM Admissions. They will contact you if a spot has opened up. You will have 72 hrs to move your name form the wait list to the roster. Be aware that if you do not accept that spot your name will be removed from the wait list. I typically accept about 10 students from the waitlist. When contacting me regarding an add code please include your name, the section number of the class you wish to add, and your COM Student ID (if you have one) in your email. I honor the official waitlist, adding students in the order they appear on the waitlist.

Course Materials Required

**Book Purchases**

Students may purchase their books online by visiting COM's online bookstore, or students may buy the books at the COM campus. Please purchase the edition listed as quizzes and assignments are linked to this edition. Additionally, students may purchase their textbooks directly from ACE [http://www.acefitness.org/students/](http://www.acefitness.org/students/)

**What To Do When You First Access The Course Online**

Be advised that Moodle works best with Firefox. Not all features function with Safari for Mac users. If you run into any technical problems, check your browser using the helpful information at the following link: [http://ilearn.csumb.edu/BrowserTestFiles/index.php](http://ilearn.csumb.edu/BrowserTestFiles/index.php)

Take some time to familiarize yourself with these 2 helpful Moodle FAQs for students and bookmark them for future reference:

- [http://www.marin.edu/DE/faq.html](http://www.marin.edu/DE/faq.html)
- [http://docs.moodle.org/20/en/Student_FAQ](http://docs.moodle.org/20/en/Student_FAQ)

Finally, there is an important note that you should read and heed at the top right of your Moodle home screen: "Closing this browser does not end your session. In order to end a session you must click on Logout (top right side of browser window). If you do not log out, your session will remain active. The next person to use this computer will have full access to your account."

I hope this information clears up any concerns or questions you may have. If you have others, please email me and include PE 121 in the subject line.

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