

# **BERGEN COMMUNITY COLLEGE**

Division of Health Professions

Wellness & Exercise Science Department

## **Course Syllabus**

### **WEX-119 Virtual Physical Trainer**

#### **Basic Information about Course and Instructor**

Semester and year: Fall 2021  
Course and Section Number: WEX-119  
Meeting Times and Locations:

Instructor:  
Office Location:  
Phone:  
Departmental Secretary: [optional]  
Office Hours:  
Email Address:

#### **Course Description**

The Virtual Physical Trainer course presents the attributes for success as a trainer in a virtual method of instruction. The course addresses the theory and skills necessary for the use of social media, set design, voice projection, and lighting. The course covers establishing and promoting training methodologies including strength, cardiovascular conditioning, mobility, flexibility, meditation and nutritional counseling, as well as the theoretical framework on when, where and why to take training virtual.

Course Hours: 3 lecture

Course Credits: 3 credit

Prerequisite or Corequisite: WEX 164 Exercise Science

**Student Learning Outcomes:** As a result of meeting the requirements in this course, students will be able to:

1. Explain the history of virtual training and how it is important in the modern world.
2. Implement and evaluate different designs that deliver a virtual personal training session.
3. Identify proper methods of presentation and protocols for delivery of sessions to clients.
4. Synthesize the skills needed to make the necessary adjustments for increased client performance and improved results for promotion of services.
5. Evaluate different training modalities and their impact in a virtual platform.

**Student Learning Outcomes and Means of Assessment**

Student Learning Outcomes	Means of Assessment
Explain the history of virtual training and how it is important in the modern world.	Students will be evaluated on their understanding of the history of virtual training.
Implement and evaluate different designs that deliver a virtual personal training session.	Students will analyze case studies of face-to-face training and design and implement virtual training sessions to meet the needs of their client.
Identify proper methods of presentation and protocols for delivery of sessions to clients.	Presentations will be given on the proper delivery of information and increased client engagement on a virtual platform.
Synthesize the skills needed to make the necessary adjustments for increased client performance and improved results for promotion of services.	Students will be tested on communication, marketing practices and client engagement including social media, email and text messaging campaigns. Coordinate social media with other grass roots efforts in expanding and establishing the trainer’s brand.
Evaluate different training modalities and their impact in a virtual platform.	Students will be quizzed on their knowledge of training modalities and how they can be impactful in a virtual setting.

**Course Content**

**Course Goals:**

- A. Teach the trainer how to navigate a virtual climate.
- B. Design and implement virtual training programs.
- C. Develop Trainer/Client relationships online.
- D. Understand legal issues pertaining to Virtual Training.
- E. Utilize foundational information learned to build an online fitness business.

- F. Explore the history and future trends of virtual fitness training.
- G. Develop personalized training content that addresses individual client needs.
- H. Utilize available media outlets to promote and build a virtual training business.
- I. Develop virtual fitness training skills to meet the demands for employment.

**Special Features of the Course**

There will be extensive use of web-based platforms: Social Media, Moodle, YouTube, Virtual Training Organizations, Certification Companies, additional promotional and educational outlets.

**Course Texts and/or Other Study Materials**

Virtual Training Basics, 2<sup>nd</sup> Edition, Cindy Huggett

Online Materials, articles and other associated materials.

**Grading Policy**

The final grade is based on a written, oral and participatory evaluations. Attendance and timeliness are essential components. The total available points of 100 is apportioned into sections based on percentages adding up to 100%. Available points will be apportioned as follows:

<b>Attendance:</b>	10%
<b>Participation:</b>	10%
<b>Assignments:</b>	20%
<b>Presentation:</b>	20%
<b>Quizzes:</b>	20%
<b>Test:</b>	20%

90 - 100%	=	A
86 – 89%	=	B+
80 – 85%	=	B
76 – 79%	=	C+
70 – 75%	=	C
65 – 69%	=	D+
64% or less	=	F

**Attendance Policy**

**BCC Attendance Policy:**

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual

course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

### **Attendance Policy in this Course:**

Attendance, participation and timeliness are critical to the success of a trainer. Students are expected to be present in the classroom and be on-time. Success as a trainer, whether virtual or in person, requires preparation and punctuality. These axioms will be abided by in this course in an effort to properly prepare the student by equipping them with habits and strategies for success. Three (3) tardies will result in an absence.

0-2 Absences – Potential A

3 Absences – Potential B

4 Absences – Potential C

5 Absences – Potential D

6 Absences or more = Automatic Failure

To earn a final grade of A, no more than 2 (two) absences can be accumulated. Combinations of 3 (three) tardy arrivals and/or early exit from class will result in 1 (one) absence. Consult the instructor with concerns regarding make-ups and absences.

### **Other College, Divisional, and/or Departmental Policy Statements**

#### Statement on Accommodations for Disabilities

Bergen Community College aims to create inclusive learning environments where all students have maximum opportunities for success. Any student who feels he or she may need an accommodation based on the impact of a disability should contact the Office of Specialized Services at 201-612-5269 or via email at [ossinfo@bergen.edu](mailto:ossinfo@bergen.edu) for assistance.

#### ACADEMIC DISHONESTY:

Bergen Community College is committed to academic integrity- the honest, fair and continuing pursuit of knowledge, free from fraud or deception. Students are responsible for their own work. Faculty and academic support services staff will take appropriate measures to discourage academic dishonesty. The College recognizes the following general categories of violations of academic integrity whenever a student does one or more of the following: uses unauthorized assistance in any academic work, copies from another student's exam, gives unauthorized assistance to another student, fabricates data in support of an academic assignment, inappropriately or unethically uses technological means to gain academic advantage, and commits plagiarism. See Catalog for complete details.

#### CIVILITY/CLASSROOM CONDUCT:

As a college of choice, Bergen Community College provides a comfort level that enables students of all abilities to mature as learners and engaged citizens. Therefore, it is important that this class provide a stimulating, rigorous, and inclusive learning environment. To that end,

students must demonstrate respect to others and to ideas and opinions expressed in the class. Use of cell phones and laptops is prohibited, unless special permission is granted. Anyone not following these standard procedures may be asked to remove him/herself from the class.

SEXUAL HARASSMENT STATEMENT:

Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended, Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons: faculty, staff, students, guests and visitors are all. See catalog for complete details.

**Student and Faculty Support Services [optional but recommended]**

The Office of Specialized Services	Room L-115	201-612-5269  <a href="http://www.bergen.edu/oss">www.bergen.edu/oss</a>  <a href="mailto:ossinfo@bergen.edu">ossinfo@bergen.edu</a>
The Sidney Silverman Library	Room L-226           Lyndhurst 2 <sup>nd</sup> floor	Main Building, Pitkin Education Center, L-wing, 2nd Floor.  Paramus Library Hours: (201) 447-7131 or visit <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a> Paramus Service Desk: (201) 447-7970  Meadowlands Location: 1280 Wall Street, Lyndhurst 2nd Floor  Meadowlands Library Hours: <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a>  Meadowlands Service Desk: (201) 301-9692  <a href="http://www.bergen.edu/library">www.bergen.edu/library</a>

The Distance Learning Office-for any problems you may have accessing your online courses	Room C-334	201-612-5581 <a href="mailto:psimms@bergen.edu">psimms@bergen.edu</a>
Testing	Room S-127	(201) 447 – 7203 <a href="mailto:testoffice@bergen.edu">testoffice@bergen.edu</a>
Tutoring/ Writing Center	Room L-125	(201) 447 7489 <a href="mailto:tconlinetutoring@bergen.edu">tconlinetutoring@bergen.edu</a>
Health Services	Room HS100	(201) 447 - 9257
IT Help Desk		(201) 447-7109 <a href="mailto:helpdesk@bergen.edu">helpdesk@bergen.edu</a>

### Proposed Course Outline

<u>Week</u>	<u>Topic*</u>	<u>Assignments*</u>
1	Topic 1: Introduction, what is a Virtual Trainer?	
2	Topic 2 : History and Philosophy of virtual training. Inception, Development, COVID19 & Future	
3	Topic 3: Certifying Bodies. ACE, NASM, ASCM, ISSA, NSCA	

<u>Week</u>	<u>Topic*</u>	<u>Assignments*</u>
4	Topic 4: Learning about the technology. Platforms, IOS and Android	
5 & 6	Topic 5: Why virtual? A closer look. Identify opportunities, convenience for client and trainer, expanding business, additional model.	
7	Topic 6: Develop and design virtual training content. Discuss the types of platforms, IOS, Android, live, recorded, trainer channels and applications. Interpret what method(s) utilize the trainer's strength most favorably.	
8	Topic 7: Presentation review / Presentation	
9	Topic 8: Legal issues. Discuss legal implications, insurance, culpability, liability and responsibility for trainer, client and facility.	
10	Topic 9: Implementing virtual training programs. Analyze available media outlets. Explore Facebook, Zoom, Peloton, UBQFIT, MindBody, ClassPass, Leaders in Fitness, etc...	
11	Topic 10: Modalities for virtual training. Explore the methods of One on One, Group Classes, Events, Yoga, HIIT, Strength, Pilates, Martial Arts, Nutrition, Aerobic, Zumba, etc...	
12	Topic 11: Understanding Content. Interpret the types of content and discover the best methods of delivery for the various modalities discussed in the previous week.	
13	Topic 12: Marketing Practices including promotion, social media, email and text campaigns. Discuss the various types of promotional outlets available, Constant Contact, MailChimp, MindMeMobile, SignPost, etc...Interpret the differences in posts on Instagram, Tik Tok, Facebook, LinkedIn, YouTube,	
14	<b>Review</b> including case studies	

<u>Week</u>	<u>Topic*</u>	<u>Assignments*</u>
15	<b>Final Exam</b>	
*Topics, quizzes, exams, and assignments may be modified due to time constraints		

*Please note that the instructor reserves the right to alter subjects, due dates and other related topics at any point in time during the semester.*