

American College of Sport Medicine (ACSM) Certified Personal Trainer (CPT)

קורס מדריך כושר אישי

אנו שמחים להזמין אתכם לקורס קורס מאמנים אישיים מוסמכים (CPT) מטעם ה-ACSM. המתקיים בפעם השנייה בישראל

הקורס יתקיים ב-27-28 ליוני 2012

הקורס, שיתקיים בשפה האנגלית ויתורגם סימולטנית, יועבר ע"י דר' גייסון קונביסר (Jason Conviser, Ph.D, FACSM) ודר' ג'ימס סקינר (James Skinner, Ph.D, FACSM), פיזיולוג בכיר שהיה בזמנו נשיא ה-ACSM

הקורס מיועד

1. לבעלי תעודת מדריכי כושר ובריאות ותעודת מאמן אישי.

בוגרי הקורס יקבלו תעודת השתתפות מטעם המכללה ע"ש זינמן, ה-ACSM והמרכז לרפואת ספורט של הדסה והיו זכאים לגשת לבחינת הסמכה של ה-ACSM (פרטים בהמשך).

2. העומדים בקריטריונים של ה-ACSM לבצוע הקורס: מעל גיל 18, תעודת סיום תיכון וקורס החייאה.

בוגרי הקורס יקבלו תעודת השתתפות של ה-ACSM והיו זכאים לגשת לבחינת ההסמכה של ה-ACSM. במקביל יקבלו אישור השתתפות מטעם המכללה.

הבחינה מבוצעת באופן עצמאי, דרך מחשב, במסגרת חברה הנקראת Pearson Vue (פרטים בסוף). יש בארץ מעל 10 מרכזים בהם ניתן לבצע הבחינה – המקומות השונים מופיעים באתר שלהם.

את הזכות לגשת לבחינה ניתן יהיה לרכוש בתשלום נפרד (\$150) מהמרצים בקורס (פרטים בהמשך).

הלינק לקורס באתר ה-ACSM הוא –

http://www.acsm.org/AM/Template.cfm?Section=Certified_Personal_Trainer1&Template=/CM/ContentDisplay.cfm&ContentID=10930

הקורס יתקיים במכללה לחנ"ג ולספורט עש" זינמן במכון וינגייט

ביום ה-28/6/112 10 ש' - בשעות 09:00 עד 18:30

ביום ו-28/6/112 6 ש' - בשעות 08:30 עד 14:00

ההרשמה במכללה לחינוך גופני ולספורט ע"ש זינמן במכון וינגייט –

טלפון 09-8639215 חייגו חינם * 5009

פקס: 09-8639350

באתר - center.wincol.ac.il

עלות הקורס – 750 ₪ למי שישלם עד ה 15.6.2012, ו 850 ₪ לאחר תאריך זה

בהצלחה

CPT - Certified Personal Trainer

The ACSM Certified Personal Trainer workshop is ideal for those who would like a comprehensive review of the knowledge, skills and abilities (KSAs) of the ACSM Personal Trainer. Participation in the workshop is an excellent way to prepare for the ACSM Personal Trainer exam, or to earn CECs and refresh and enhance your knowledge after becoming certified. If you do not have a health-related degree or prefer alternative or additional methods to self-study, the workshop is a great choice. Material is presented in a classroom setting with a hands-on component to help you learn fundamental fitness assessments. The workshop is delivered by Jason Conviser, Ph.D, FACSM and James Skinner, Ph.D, FACSM. Dr. Conviser is one of the most experienced instructors for the ACSM CPT course having taught this course on 5 continents on a monthly basis for the past three years. Dr. Skinner is the past President of the ACSM and one of the most recognized experts in exercise science in the world.

KSAs Competency Area	Certified Personal TrainerSM
Exercise Prescription (Training) and Programming	28%
Exercise Physiology and Related Exercise Science	24%
Health Appraisal and Fitness Exercise Testing	13%
Clinical and Medical Considerations	10%
Nutrition and Weight Management	9%
Safety, Injury Prevention and Emergency Procedures	8%
Human Behavior	4%
Program Administration, Quality Assurance, and Outcome Assessment	4%

ACSM Certified Personal TrainerSM Workshop Agenda

SECTION ONE: Introduction to Exercise Science and Kinesiology / Human Movement

Introduction to Physical Fitness Components, Principles and Safety Considerations, Energy Systems / Substrates and the Cardiovascular and Respiratory Systems

Introduction to the Musculoskeletal System, Anatomical Terminology

Muscle / Joint Actions, and Kinesiology Practicum

SECTION TWO: Introduction to the Art and Science of Personal Training

Benefits of and Barriers to Physical Activity. Consequences of Physical Inactivity, Benefits of Cardiorespiratory Health and Fitness. Flexibility Benefits, Muscular Strength and Endurance Benefits. Barriers to engaging in Physical Activity. Benefits/Barriers practicum Interventions to enhance exercise adherence.

Health/Wellness Psychological Theories Influencing Behavior, Active Listening Practicum

SECTION THREE: Introduction to Cardiorespiratory Assessment and Programming

Health and Fitness Pretest Screening, ACSM Risk Factor Thresholds Introduction to Cardiorespiratory Programming; Programming Methods of Monitoring Aerobic Exercise Intensity,

Cardiorespiratory Assessments and the Three-Minute Step Test Practicum

SECTION FOUR: Body Composition Assessment and Weight Management Programming

Nutritional and Dietary Guidelines and Recommendations, Label Reading, Eating Disorders and the Female Athlete Triad

Anthropometric Data and Risk Management using the Body Mass Index Norms

BMI Index Practicum Anthropometric and Data Risk Assessment for Waist / Hip Ratio and Waist Girth: (GETP 7th Edition) Jackson-Pollock 9-Site, 7-Site and 3-Site Men, 3-Site Women Skinfold Review and Caliper Practicum

LUNCH

SECTION FIVE: Muscle Strength and Endurance Assessment and Programming

Introduction to Resistance Training: Weightlifting Sports vs. Health / Fitness, Resistance Training Principles and ACSM Recommendations for Muscular Strength and Muscular Endurance Training

Muscle Strength and Endurance Tests, Resistance Training / Kinesiology Practicum

SECTION SIX: Flexibility and Range of Motion Assessment and Programming

Techniques, Guidelines and Precautions, ACSM Exercise Prescription for Flexibility Training

Flexibility and Sit and Reach Practicum

SECTION SEVEN: Introduction to the ACSM Certified Personal TrainerSM Credential and Examination Requirements

Registration and Introductions for One-Day Workshop Attendees
Overview of the ACSM Personal TrainerSM Certification, Educational Curriculum for ACSM Certified Personal TrainerSM, Responsibilities, Qualities, Skills for the ACSM Personal TrainerSM, Scope of Practice, Professional and Public Responsibilities

ACSM Risk Factor Threshold and Risk Stratification Updates, Case Study Criteria Review and Case Study Practicum

Health Fitness Programming, Personal Trainer Triad Activity

ACSM CPT Review Practicum

KSA Review ACSM Certified Personal TrainerSM Examination Study
Resources: Using the Knowledge, Skill and Ability (KSA)
Requirements for Exam Preparation

הליך הרשמה לבחינה :

CPT Certification test:

All workshop participants who wish to take an ACSM certification test need to use the services of Pearson Vue testing service.

1. The web site for this company is <http://www.pearsonvue.com>
2. Click on Locate a Center
3. Choose category – Health and Medicine
4. Choose testing program – American College of Sports Medicine
5. Choose test you wish to take
6. Create account
7. Register for a test with a prepaid testing code which you can purchase from Dr. Jason Conviser at the end of the course. The price for the test is **NOT** included in the registration fee for the CPT course
8. Select a date and time to take the test
9. You will need a photo ID card to enter the facility and each testing cubicle is under surveillance to make sure there is no problem with taking the test.
10. All questions are multiple choice
11. 70% is the percentage of correct answers that must be answered correctly to pass

Jason Conviser earned his Ph.D. from the University of Wisconsin in Exercise Physiology and also an MBA from Northwestern University – Kellogg Graduate School of Business. He has held multiple positions as a senior executive with international health and fitness companies specializing in operations, strategic planning and marketing of health care, fitness, wellness products and services. Currently he is Chief Operating Officer of INSIGHT, one of the largest eating disorder and obesity clinics in the United States. Past experiences include Vice President of Clinical Services for Bally Total Fitness, directly responsible for operations of 158 sport medicine clinics. Jason has consulted with hospitals, multi-site outpatient ambulatory care centers, corporate fitness programs and health clubs on strategic planning, business plan development, marketing and program development. Clients have included CNA Insurance, Brunswick, Life Fitness, HealthSouth, McKinsey Consulting USA, Leo Burnett, Quaker Oats, Pritikin Longevity Centers, Fruit of the Loom, Oscar Mayer Foods, and 68 independent fitness centers. He has taught ACSM courses on five continents and in over 18 countries over the past three years

Jim Skinner is a Professor Emeritus in the Department of Kinesiology, Indiana University. He is a former president of the American College of Sports Medicine and a former Vice President of the International Council of Sports Science and Physical Education. From 1988-2008, he was the Chair, Medical Advisory Committee of the YMCA of the USA. He is co-Chair of the 2010 and 2011 World Congress on Exercise is Medicine and Chair of the International Advisory Council for Exercise is Medicine. He was one of the five principal investigators of the HERITAGE Family Study, a large multi-center investigation of the role that genetic factors play in the response to training of risk factors for cardiovascular disease and diabetes. As principal investigator, co-principal investigator or member of an executive committee, he has been involved in research grants totaling more than \$50 million. He has written over 280 articles and 5 books. He has been actively investigating the relationships between exercise, training and health for more than 45 years and has lectured in English, French, German and Spanish in 58 countries about these relationships.