



Sports Trainer One Year Program

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Program Purpose

Program Length

One year consists of four semesters.

Semester 1: May to July

Semester 2: August to October

Semester 3: November to January

Semester 4: February to March

Program Description

This combined skills program is to prepare international students for an exciting career as a sports trainer and promote English language development. Focused English language training and academic preparation will prepare the student to communicate effectively and write the various external certification exams. The One Year Program focuses on applied leadership, fitness, technical skill development and first aid.

Program Learning Outcomes

1. Develop ability to make nutrition, risk management, and health programming choices that positively impact health and fitness.
2. Use critical thinking and the application of fitness principles for athletic self-correction to improve performance and reduce risk of injury.
3. Develop skills of performance analysis to detect and correct errors and to improve overall athletic performance.
4. Understand how to safely and effectively use resistance equipment.
5. Develop leadership skills and professionalism necessary for management and business ownership.
6. Develop skills for the prevention and treatment of common sports-related injuries.
7. Develop ability to design advanced performance programs.
8. Develop relational and communication skills required for effective leadership.
9. Develop English reading, writing, and verbal skills.

Admission Requirements

1. IELTS 4.0 or equivalent
2. Completion of high school (or equivalent)

Course Overview

Sports Trainer One Year Courses – Year 1

	Course Number	Course Name	Hours			
			Theory		Work Experience	Total
			Course	ESL		
Semester 1 May - July	CORE110	English as a Second Language (ESL)	60	-	-	60
	CORE111	Foundations of Health and Fitness	20	10	-	30
	CORE112	Introduction to Biomechanics	20	10	-	30
	CORE113	Foundations of Sports Leadership	30	15	-	45
	SPTR115	Anatomy	15	10	-	25
	SPTR117	Foundations of Sports Management, Level 1	65	15	-	80
<i>Total Semester Hours</i>						270
Semester 2 Aug - Sept	CORE120	English as a Second Language (ESL)	75	-	-	75
	CORE121	Wilderness First Aid	20	-	-	20
	CORE122	Resistance Training and Program Design	40	5	-	45
	CORE123	Applied Sports Leadership	35	10	-	45
	SPTR125	Growth & Development of Human Movement	15	10	-	25
	SPTR127	Assistant Trainer Practicum *	-	-	60	60
<i>Total Semester Hours</i>						270
Semester 3 Nov - Jan	CORE130	English as a Second Language (ESL)	45	-	-	45
	SPTR131	Care and Prevention of Athletic Injuries	45	-	-	45
	CORE132	Resistance Training and Program Design	15	-	-	15
	CORE133	Media Production	30	-	-	30
	SPTR136	Sports Conditioning and Program Design	40	5	-	45
	SPTR137	Foundations of Sports Management, Level 2	55	5	-	60
	SPTR138	Self-Directed Certification	25	5	-	30
<i>Total Semester Hours</i>						270
Semester 4 Feb - Mar	CORE140	English as a Second Language (ESL)	30	-	-	30
	CORE142	Resistance Training and Program Design	15	-	-	15
	SPTR144	Sports Business Foundations	20	5	-	25
	SPTR146	Sports Conditioning and Program Design	40	5	-	45
	SPTR147	Foundation of Sports Management, Level 3	50	5	-	55
	SPTR148	Self-Directed Study, Level 1	55	5	-	60
<i>Total Semester Hours</i>						230

Year 1 - Total Hours: 1040

*Work Experience components are marked with an asterisk.

Methods of Evaluation

1. Assessments for each course can be found on each course outline.
2. Year-End Presentation: Students will be required to complete a final presentation by the end of the year. The purpose of the presentation is to report your accomplishments in the program. Details of the final presentation will be provided to you at the beginning of semester 4.

Program Completion Requirements

- Students must achieve a passing grade in all courses.
 - Elective Courses (not required to pass course):
CORE132, CORE133
- Students must achieve a passing grade in their final presentation.

Course Exemptions

Applicants can apply for an exemption from individual courses in their program if they have proven the completion of comparable learning as follows;

1. English as a Second Language (ESL)
Proof of English proficiency level of above C1 or equivalent.
2. Wilderness First Aid
Certificate of First Aid/CPR of at least 20hrs and valid throughout the school year.

Institutional Policies

NON-COMPLETION POLICY

Retaking Exams, Quizzes and Tests:

A student may retake a quiz/test/exam or resubmit an assignment up to a maximum of two times. All 'retake' exams, tests and/or quizzes will be awarded 60% on the student's official transcript.

Retaking a Course:

If a student fails to successfully pass a course after retaking/resubmitting quizzes/tests/assignments twice, the student has the option of retaking the course at a later date, at the student's own cost.

Instructor's Special Permission:

An instructor may permit a student to continue in their studies (despite not having met the required pre-requisites) for successive courses.

Program Extensions:

If necessary, the school will assist the student in extending their student visa (at the student's own cost) in order to re-take certain courses and fulfill requirements of the school's program.

GRADE APPEAL POLICY

If a student is dissatisfied with a grade received and can provide evidence that a higher grade is warranted, he or she should discuss with his or her instructor. The instructor will reconsider the grade and, if warranted, assign a different grade.

If the student is not satisfied with the outcome of his or her appeal to the instructor, he or she should submit a written appeal to the Director of Studies.

The Director of Studies will obtain a copy of the assignment or test in question from the instructor and will have another instructor re-assess the test.

If the student achieves a higher grade on re-assessment, the higher grade will be assigned to the student. If the student achieves a lower grade on re-assessment, the original grade will be retained.

The grade will be considered final and cannot be appealed.

The decisions on the grade appeal will be provided to students within 30 school days of CSBA's receipt of the written appeal.