



TÉCNICAS-DESTREZAS PARA EL ENTRENADOR PERSONAL: *HPER - 4200*



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M.A., Fisiología del Ejercicio

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 Curso: <http://www.saludmed.com/entrenapersonal/entrenapersonal.html>



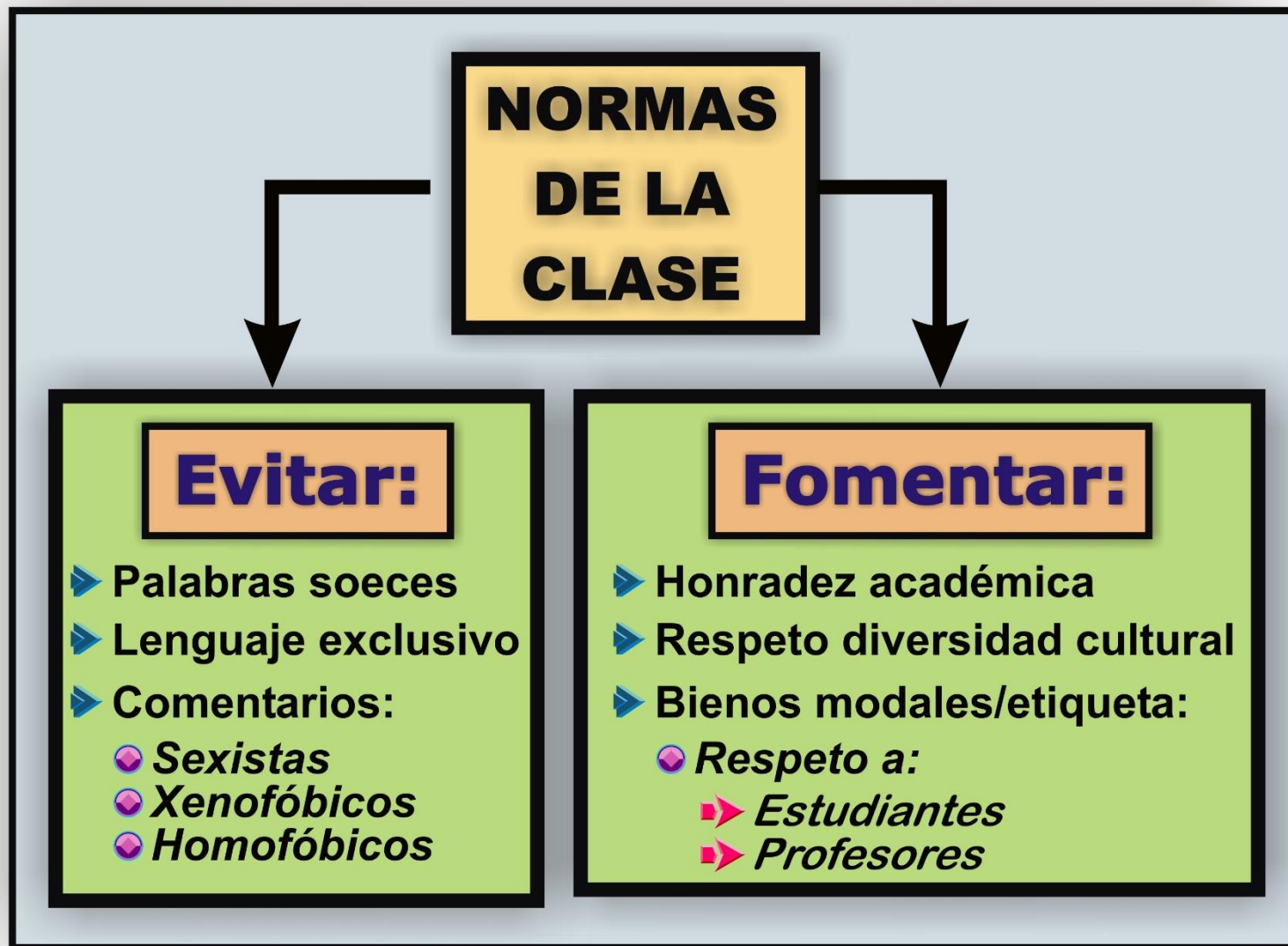
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CONTENIDO DE LA PRESENTACIÓN

- **Asuntos importantes: *del curso***
- **Expectativas: *del curso***
- **Asociaciones: *Sociedades y grupos***
- **Recursos: *para el curso***
- **Análisis y validación: *de la Información***
- **Centro de Desarrollo de Emprendedores: *CDE***
- **Gracias: *a todos***
- **Preguntas**
- **Cómo contactar al profesor: *Correo/Teléfono***







UNIVERSIDAD INTERAMERICANA DE PUERTO RICO - METRO

MISIÓN: Enunciados

UNIVERSIDAD INTERAMERICANA DE PUERTO RICO

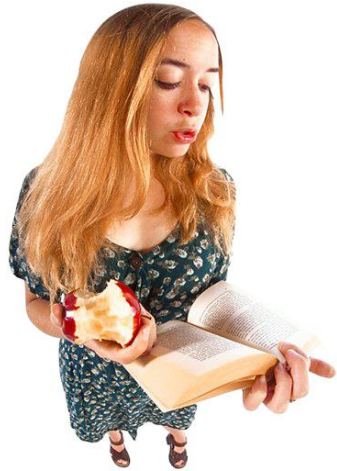




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- **Dudas sobre un concepto**
- **Recomendación(es) al profesor**
- **Críticas constructivas sobre el curso**
- **Percepción de alguna ofensa**

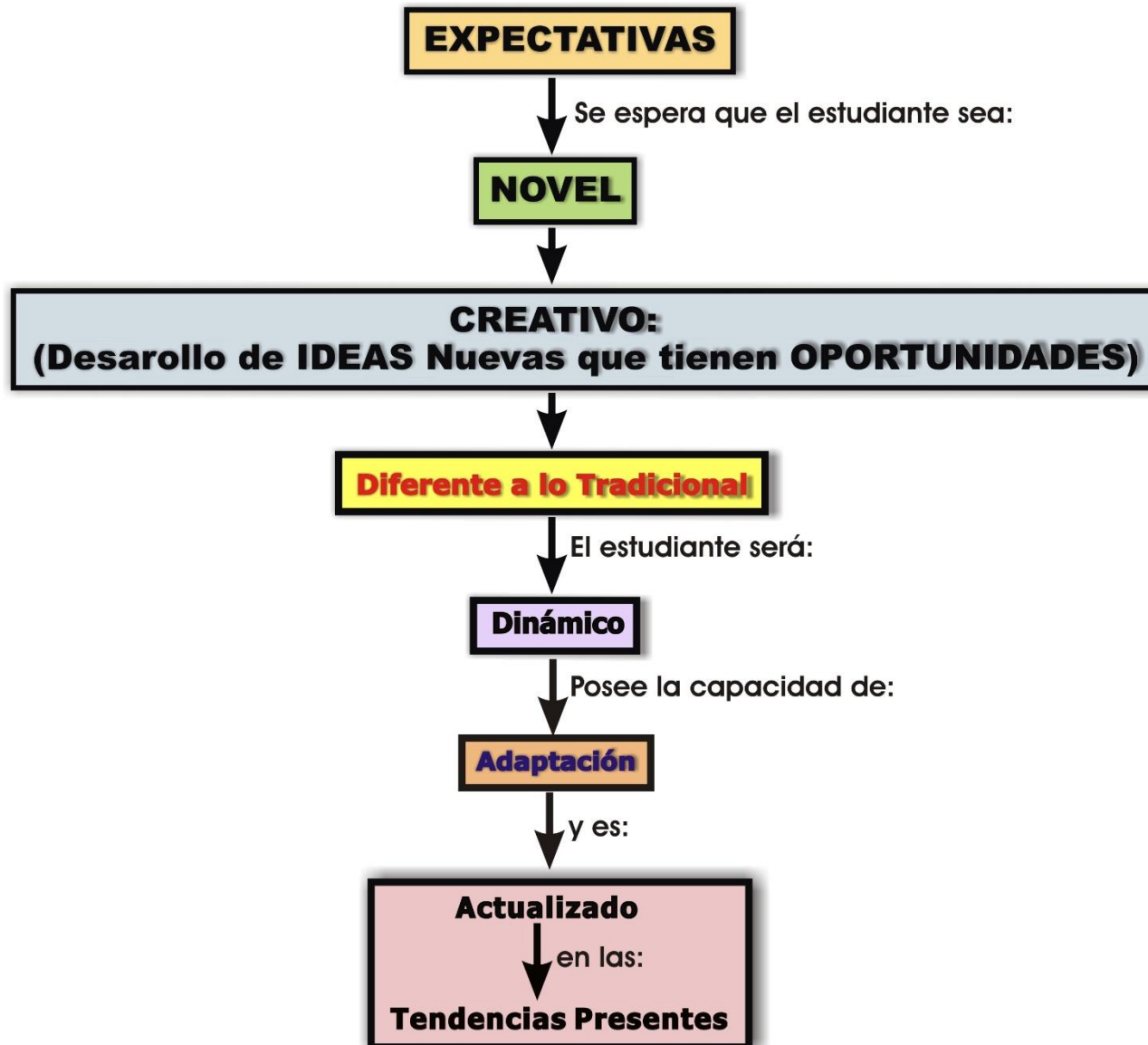


EXPECTATIVAS DEL CURSO: ***PARTICIPACIÓN ACTIVA***

- **Pensamiento divergente**
- **Realizar preguntas retantes**
- **Actitud investigativa y de inquirir**
- **Espíritu emprendedor y creativo**



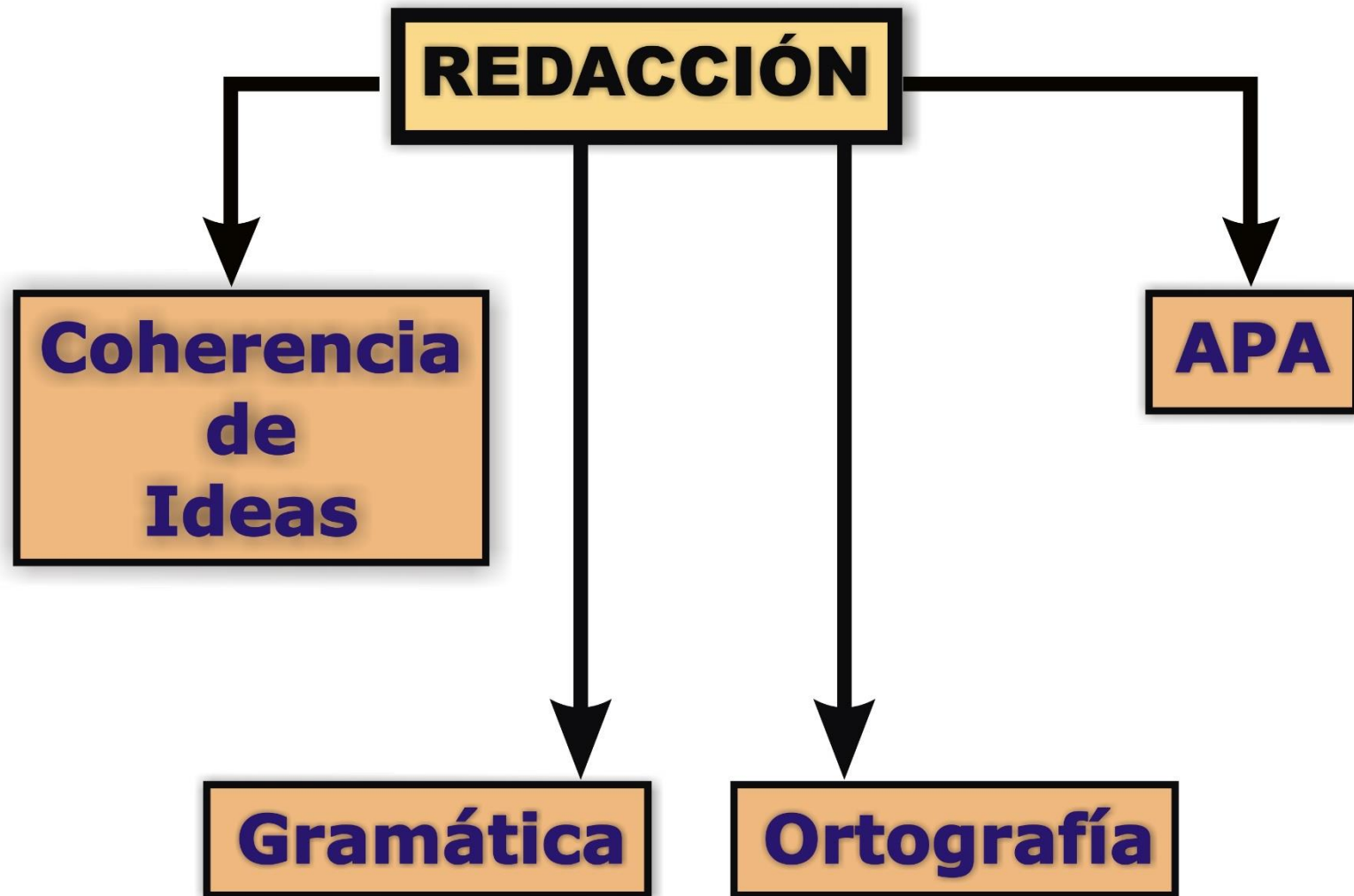
EXPECTATIVAS DEL CURSO - *APRENDIZAJE: Activo*





TRABAJOS ESCRITOS

REDACCIÓN: Expectativas





EXPECTATIVAS DEL CURSO: ***PRINCIPIOS ÉTICOS***

- **Honestidad**
- **Sinceridad**
- **Respeto al prójimo**
- **Responsabilidad**





EXPECTATIVAS DEL CURSO: ***CERTIFICACIONES Y LICENCIAS***

 **Entrenamiento Personal**

INSTRUCTOR DE APTITUD FÍSICA MUÉVETE A OBTENER TU LICENCIA PROFESIONAL

Para obtener tu licencia profesional como Instructor de Aptitud Física tienes que seguir dos (2) pasos:

1er Paso:

◆ Solicitar el examen – Cada aspirante interesado debe:

Completar la Solicitud de Examen disponible en el Instituto Puertorriqueño para el Desarrollo del Deporte y la Recreación y presentar los siguientes documentos:

- a. Evidencia ser mayor de edad (Certificado de Nacimiento, Licencia, Pasaporte)
- b. Identificación con foto (debe traerla consigo el día de examen)
- c. Ser Ciudadano Americano o Residente Legal (Pasaporte y/o Visa de Trabajo)
- d. Certificado de Antecedentes Penales (Vigente)
- e. Evidencia de aprobación de Certificación o cursos que incluyan temas en:
 - ☐ Fisiología del Ejercicio (mínimo 15 horas contacto)
 - ☐ Biomecánica (mínimo 15 horas contacto)
 - ☐ Prescripción de Ejercicios (mínimo 15 horas contacto)
 - ☐ Nutrición (mínimo 15 horas contacto)
 - ☐ Anatomía (mínimo 15 horas contacto)
 - ☐ Evaluación y Medición (mínimo 15 horas contacto)
 - ☐ Aspectos Administrativos (mínimo 15 horas contacto)
 - ☐ Presentar evidencia de Laboratorio Práctico (100 horas) en un centro reconocido por el Departamento de Recreación y Deportes con un Instructor de Aptitud Física licenciado
 - ☐ Recibo de Pago de \$75.00
(El mismo se obtiene en la Oficina de Finanzas del DRD)
Dicho pago debe efectuarse en ATH, Giro Postal (a nombre de Secretario de Hacienda) o efectivo

RENOVACIÓN DE LICENCIA

Debe ser renovada 30 días antes de su fecha de vencimiento y presentar la siguiente documentación:

- ☐ **Ser Mayor de Edad**
*Deberá presentar Certificado de Nacimiento original o Pasaporte
(Sea por edad o emancipación)*
- ☐ **Ser Ciudadano Americano o Residente Legal**
Evidenciar con Tarjeta de Seguro Social, Pasaporte o Visa de Trabajo
- ☐ **Ley 226 (Ley 300)**
Expedido por la Policía de PR (Vigente)
- ☐ **Certificado de Antecedentes Penales**
Expedido por la Policía de PR (Vigente)
- ☐ **Certificado de Salud**
Expedido por el Departamento de Salud (Vigente)
- ☐ **Resucitación Cardiopulmonar (CPR) y Primeros Auxilios**
Certificado vigente de una organización reconocida
- ☐ **Evidencia de haber completado un mínimo de treinta (30) horas (2 créditos) en curso de educación continuada en una universidad acreditada o de una institución adscrita a la "National Commission for Certifying Agencies" (NCCA), "National Board of Fitness Examiners" (NBFE) o reconocida por el Instituto Puertorriqueño para el Desarrollo del Deporte y la Recreación (IPDDER)**

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CANDIDATE PROFILE	College students, professionals new to the field, individuals with or without a health-related degree	College students, professionals new to the field, individuals with or without a health-related degree	College graduates with exercise science-based degrees, experienced health and fitness professionals
WORK SETTING	Health club, university, corporate or community/public health settings	Health club, university, corporate or community/public health settings	Health club, university, corporate or community/public health or hospital/clinical settings
PRIMARY RESPONSIBILITIES	• Develops and implements various forms of exercise in a group setting • Modifies exercises based on individual and group needs • Creates a positive exercise environment	• Works with healthy individuals or those with medical clearance to exercise • Performs basic fitness assessments and field tests • Makes appropriate exercise recommendations	• Conducts risk factor stratification • Works with special populations (elderly, obese, etc.) • Works with individuals with controlled disease • Performs exercise testing and develops comprehensive exercise prescriptions • Conducts program administration
ELIGIBILITY	• High school diploma or equivalent • Current Adult CPR (with practical skills component) • 18 years of age or older	• High school diploma or equivalent • Current Adult CPR (with practical skills component) • 18 years of age or older	• Exercise-based Associate's degree* • Eligible to sit for exam if in last semester of degree program • Current Adult CPR (with practical skills component)
EXAM SPECS	Duration: 2.5 hours # of Questions: 100 scored/15 unscored†	Duration: 2.5 hours # of Questions: 120 scored/30 unscored†	Duration: 3.5 hours # of Questions: 125 scored/25 unscored†
EXAM COSTS	\$219 ACSM Members \$279 other candidates \$150 re-test	\$219 ACSM Members² \$279 other candidates \$150 re-test	\$219 ACSM Members¹ \$279 other candidates \$150 re-test
WORKSHOP DETAILS		1-day \$129 (for experienced professionals) 3-day \$375 (comprehensive review of core content)	2-day \$250



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Aubrey Leonard
ACSM-CPT

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EXPECTATIVAS DEL CURSO: ***ASOCIACIONES***

- **American College of Sports Medicine (ACSM)**
- **National Strength and Conditioning Association (NSCA)**
- **National Academy of Sports Medicine (NASM)**



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Jul 22, 2014 | SHAPE Magazine

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- **IDEA Health and Fitness Association (IDEA)**
- **Aerobics and Fitness Association of America (AFAA)**
- **American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)**



Fédération Internationale de Médecine du Sport

International Federation of Sports Medicine



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IOC President, Thomas Bach meets FIMS President Fabio Pigozzi at the IOC Headquarters in Lausanne. With Dr. André Debruyne and Mr. Mario Pescante



The International SportMed Journal

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2nd edition - June 2014

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BREAKING NEWS

ELECTED THE NEW FIMS EXECUTIVE COMMITTEE

RIO DE JANEIRO WILL HOST THE 2018 WORLD CONGRESS OF SPORTS MEDICINE

Quebec City, 20th June 2014

On 19th June in Quebec City (CA), on the occasion of the XXXIII FIMS World Congress of Sports Medicine, the FIMS Council of Delegates took place with the election of the new Executive Committee for the 2014-2018 term.

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ANNOUNCEMENTS



AAHPERD Endorses New Institute of
Medicine Report [More >>](#)



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UPCOMING EVENTS

6/6/13
[Midwest District Leadership Conference and Spring
Board Meeting](#)

6/11/13
[Robert W. Moore Summer Institute](#)

6/18/13
[SAM LDC 2013](#)

TAKE ACTION



- **Clinical Exercise Physiology Association (CEPA)**
- **American Association for Cardiovascular and Pulmonary Association (AACVPR)**
- **International Association for Worksite Health Promotion (IAWHP)**
- **National Association for Health and Fitness (NEHF)**

CEPA

Clinical Exercise Physiology Association

ACSM Affiliate Society

Advancing the Profession of Clinical Exercise Physiology

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[FAQs](#)



AACVPR's FAQs address some of the most common and important issues in Cardiac and Pulmonary Rehabilitation, including Billing, Medical Director Supervision and Outcomes. Here are just a few of the many questions you can find answers to on the AACVPR Web site:

- Is the 36 session CR and PR programs once in a lifetime or per calendar year or per event?
- We have heard that some Cardiac Rehab programs have received denials from commercial payers for the CPT 93797 code. We are concerned about the patients ending up with a large bill before we use this. Ideas?
- What is the minimum number of minutes required for a session to be billable to Medicare?
- What is the best way to document supervising physician coverage on a daily basis?
- Are there specific assessment/outcomes tools that AACVPR recommends?
- Can CR and PR patients exercise in the same class?
- Can the MD referral order to PR be part of the ITP?

[Click Here for Frequently Asked Questions](#)

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*Advancing the global community of
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NEHF

What is Employee Health & Fitness Month?

Employee Health & Fitness Month (EHFM) is an international and national observance of health and fitness in the workplace, created by two non-profit organizations, the National Association for Health and Fitness and ACTIVE Life. The goal of EHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments. Formerly National Employee Health & Fitness Day, Employee Health & Fitness Month has been extended to a month-long initiative in an effort to generate sustainability for a healthy lifestyle and initiate healthy activities on an ongoing basis.

Employers everywhere are invited to participate in EHFM. Throughout EHFM employers will challenge their employees to create Healthy Moments, form Healthy Groups, and develop a Culminating Project. Participants will be able to log these activities on the EHFM website throughout the month, allowing employers and employees to track, share, and promote their individual and group activities.

- Healthy Moments are occasions of healthy eating, physical activity, or personal/environmental health. Examples include: going for a walk; cooking a healthy meal; participating in an exercise class; quitting smoking; scheduling a health assessment and seeing the doctor.

Video

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Eat Healthy





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2022



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LEADING THE WAY

ACSM'S

Resources for the Personal Trainer

Sixth Edition



Wolters Kluwer



Hargens, T. A., Edwards, E. S., Musto, A. A., & Piercy, K. L., (Eds.) (2022). ***ACSM's resources for the personal trainer*** (6ta ed.). Philadelphia, PA: Wolters Kluwer.

THIRD EDITION

Brad J. Schoenfeld
Ronald L. Snarr
editors

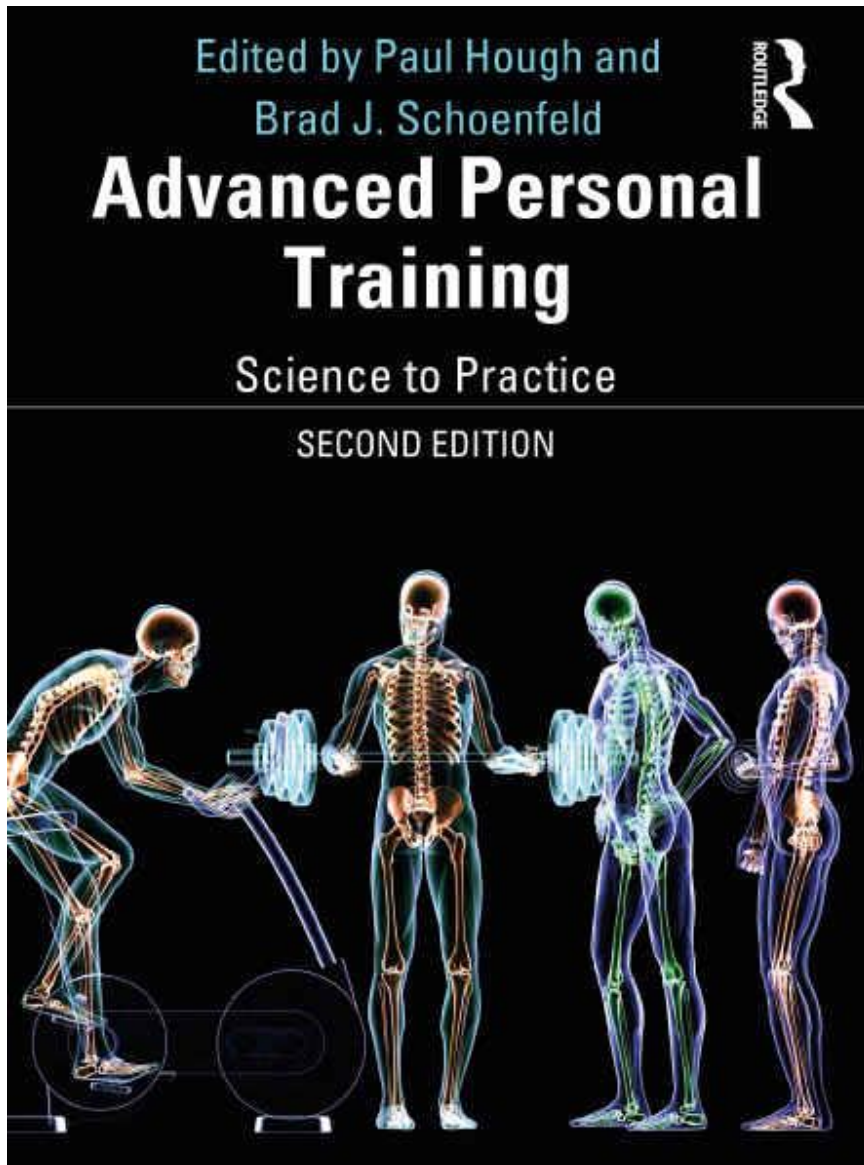


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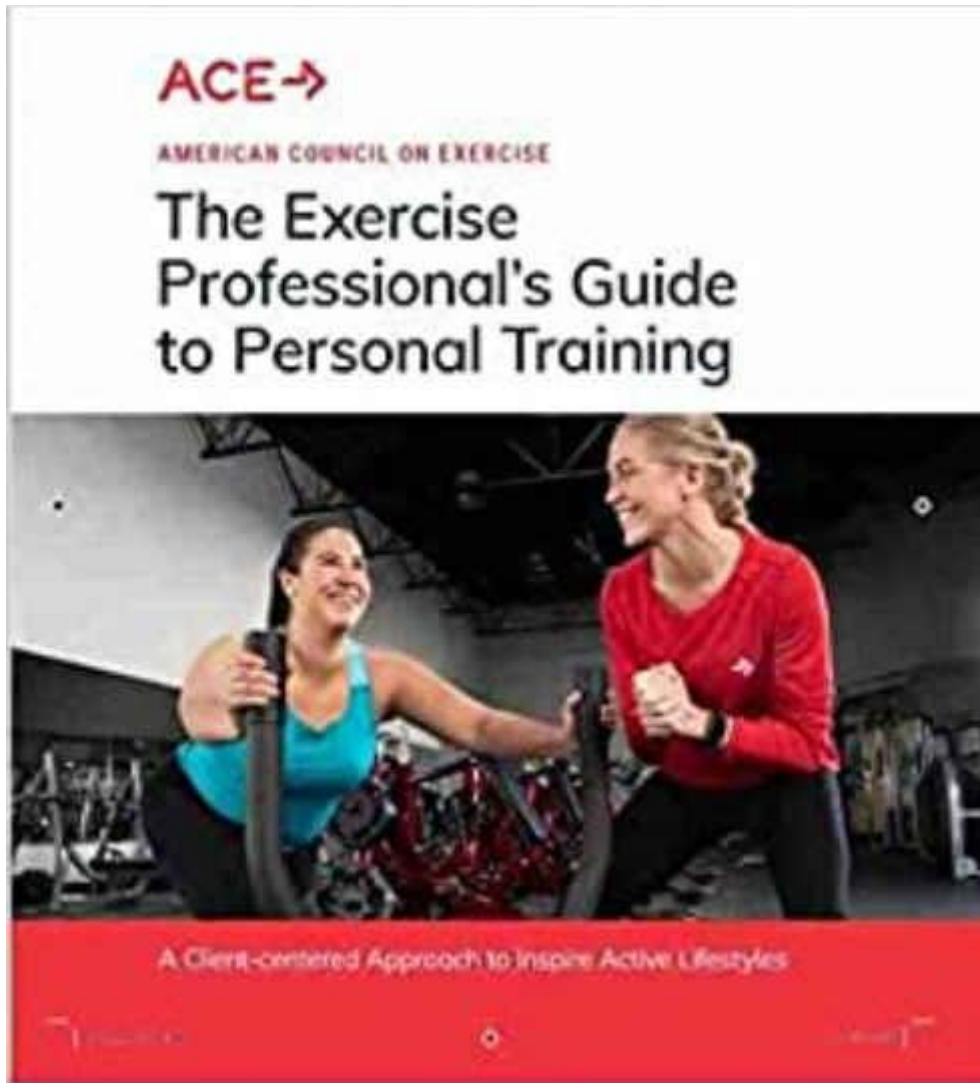
Schoenfeld, B. J., &
Snarr, R. L. (Eds.)
(2022). ***NSCA's
essentials of
personal training.***
Champaign, IL: Human
Kinetics.

2022



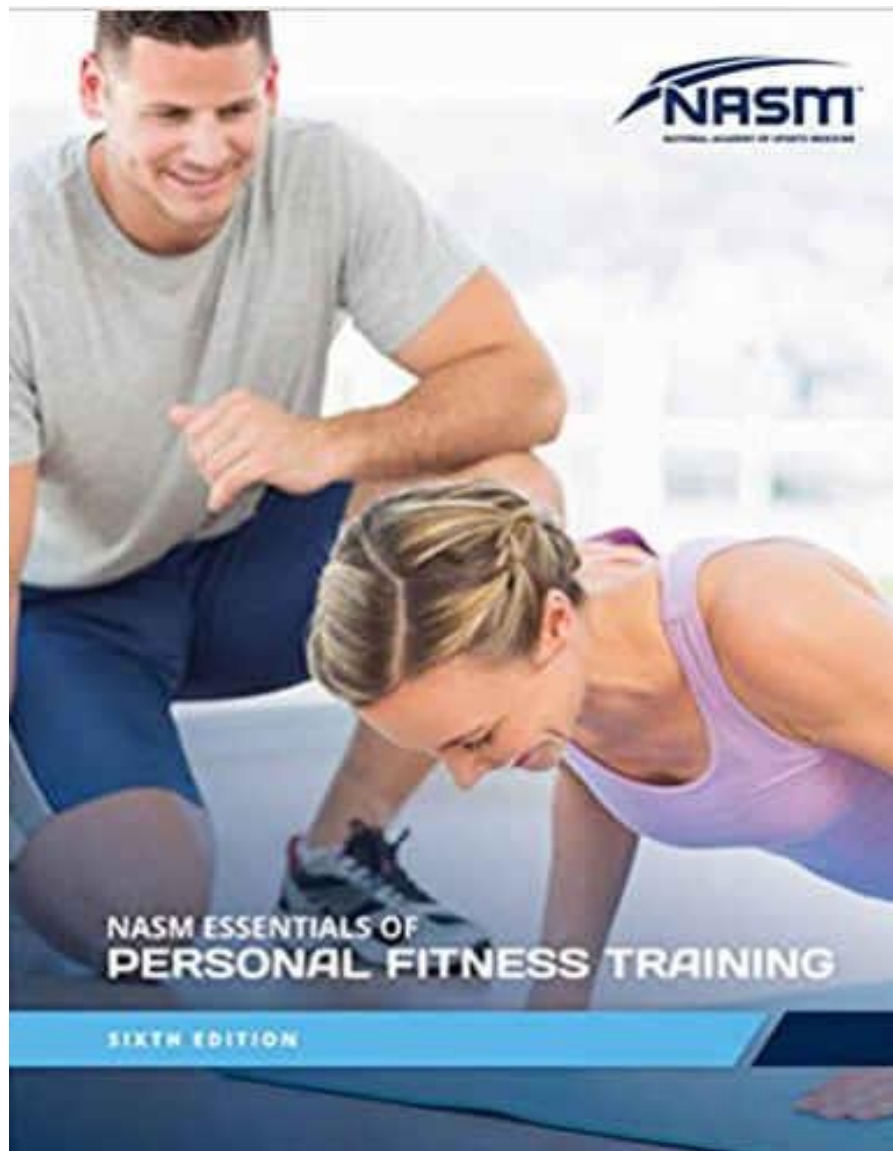
Hough, P., &
Schoenfeld, B. J. (2022).
***Advanced personal
training: Science to
practice*** (2da ed.).
New York, NY:
Routledge, an imprint of
the Taylor & Francis
Group, an informa
business.

2020



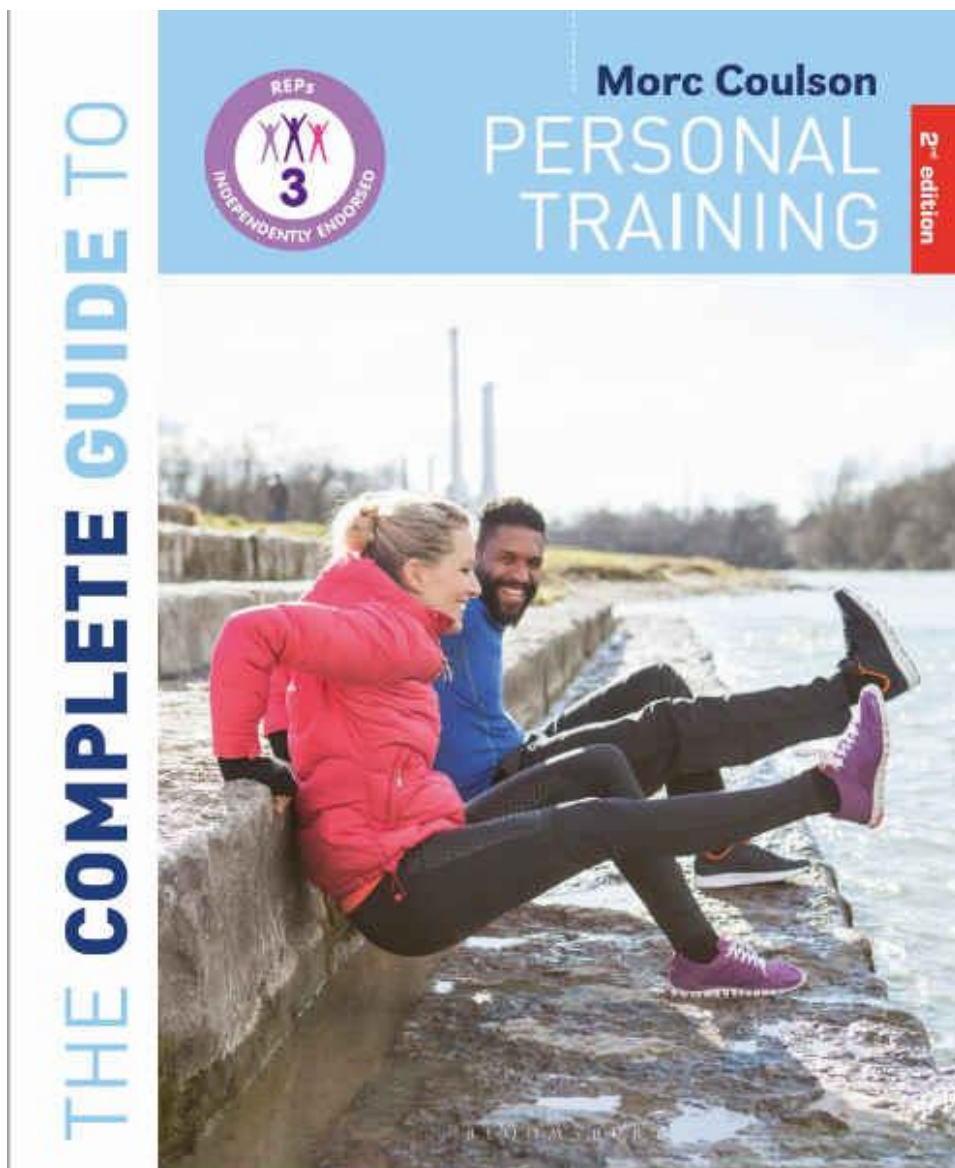
American Council On Exercise. (2020). *The Exercise Professionals Guide to Personal Training* (20ma. ed.). San Diego, CA: American Council on Exercise.

2018



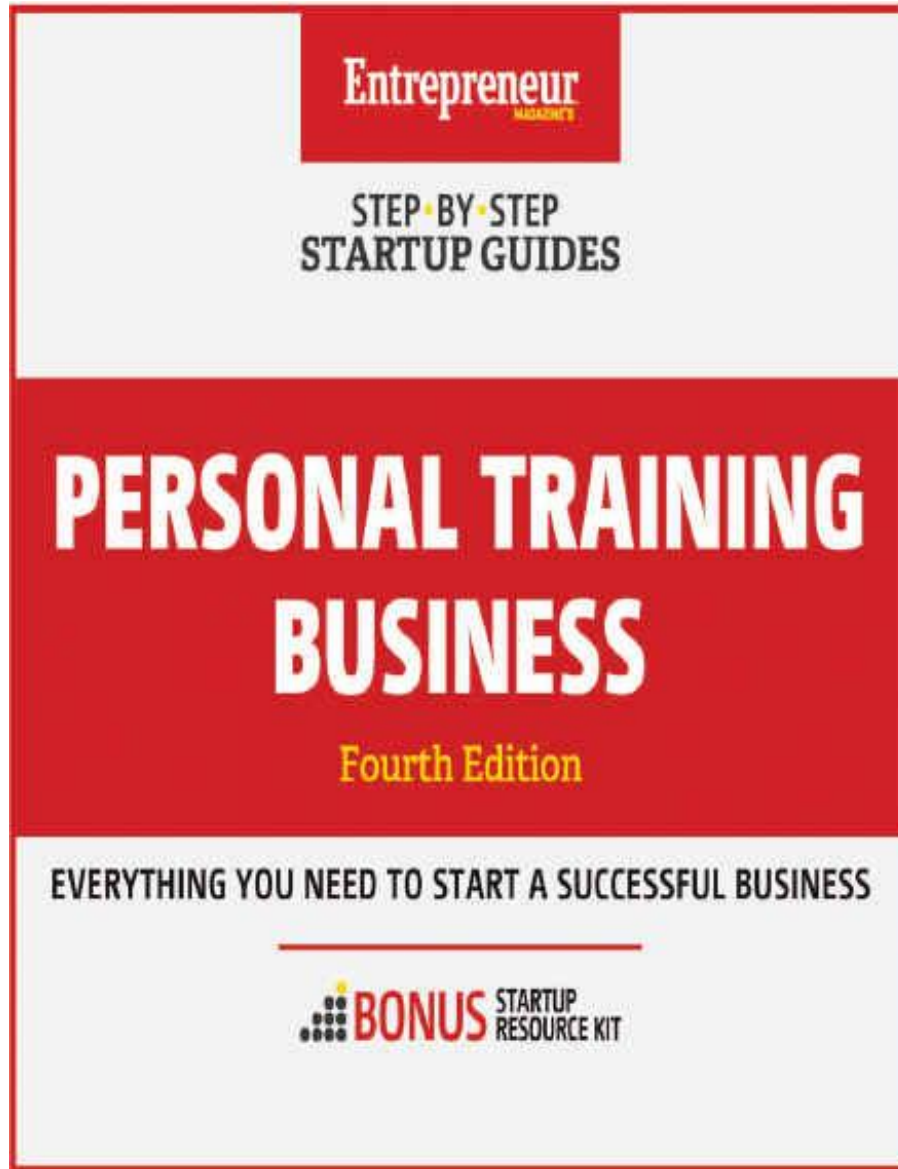
Clark, M. A., Lucett, S. C., McGill, E., Monte, I., & Sutton, B. (Eds.) (2018). ***NASM essentials of personal fitness training*** (6ta ed.). Burlington, MA: Jones & Bartlett Learning, LLC..

2018



Coulson, M. (2018).
***The complete
guide to personal
training*** (2da ed.).
London, UK:
Bloomsbury
Publishing Plc.

2016



The Staff of
Entrepreneur Media,
Inc. (2016).
***Personal training
business: Step-by-
step startup guide***
(4ta ed.). Fitch Irvine,
CA: Entrepreneur
Press, Publisher.

2014

A look at personal training that goes beyond the textbooks.
— MUSCLE & FITNESS

IGNITE THE FIRE



*The Secrets to Building a Successful
Personal Training Career*

JONATHAN GOODMAN CSCS

With a foreword by Lou Schuler, author of the
New Rules of Lifting series

Goodman, J. (2014).
Ignite the fire: The secrets to building a successful personal training career (2da. ed.).
Scotts Valley, CA:
CreateSpace
Independent
Publishing Platform.

2014

Exercise Personal Training 101

Michael Chia
Patricia Wong



 World Scientific

Chia, M., & Wong, P.
(2014). ***Exercise
personal training
101***. Hackensack, NJ:
World Scientific
Publishing Co. Pte.
Ltd.

An inside look at fitness facility management

SS within your
SS

CEC
Self-Test

by Betul Sekendiz, M.Sc., Ph.D.

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2011

TRENDS ARE DRIVING PERSONAL TRAINING?

Find out with this data from the
2011 IDEA Personal Training Programs
& Equipment Trends report.

Topline Trends

The most popular trends reported from the 2011 data show that IDEA trainers continue to incorporate small, portable equipment into small-group training sessions that focus on body weight leverage training, functional resistance training and balance training. The results further show that these trainers believe specialized client populations, such as older adults and those in need of weight management or back pain prevention programs, are growing. This, in turn, means that professionals need more continuing education to remain current and effective in their service.

Respondents report that they retain 75% of their clients for 1 year or longer. Drilling deeper into the data reveals that about one-third (31%) of clients stay with their trainer for more than 5 years, while the rest of customers stay 1–2 years (22%), 2–3 years (19%), 3–4 years (11%), less than 1 year (10%) and 4–5 years (7%). How do these business owners achieve such robust retention, and how are they choosing to steer their programming and equipment decisions going forward? >>

Schroeder, J., & Donlin, A. (2011). What trends are driving personal training? *IDEA fitness journal*, 8, 47-53.

2009



EDUCATING AND TRAINING THE PERSONAL FITNESS TRAINER:

A Pedagogical Approach

by Aaron C. Craig, M.S., HFS, NSCA-CPT, and JoAnn M. Eickhoff-Shemek, Ph.D., FACSM, FAWHP

Craig, A. C., & Eickhoff-Shemek, J. M. (2009). Educating and training the personal fitness trainer: A pedagogical approach. *ACSM's Health & Fitness Journal*. 13(2), 8-15.



Sorta Healthy Trainer Education (). *How To Start A Personal Training Business: A Step By Step Guide* [Archivo de video]. Recuperado de <https://www.youtube.com/watch?v=MP8CdF7kuJ4>

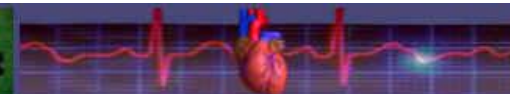


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Physical Activity Guidelines for Americans



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Announcing the PAG Midcourse Report!

The Office of Disease Prevention and Health Promotion, in partnership with the President's Council on Fitness, Sports and Nutrition, is happy to announce the release of the **Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth** [PDF - 2.2 MB].



NEW

PAG Midcourse Report

[PDF - 2.2 MB]



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Midcourse Report infographic

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6



Healthy living

- to eat breakfast
- to drive to work
- at your desk at work
- to drive home
- to eat dinner
- during the evening to do things such as watch television, use a computer and socialise.

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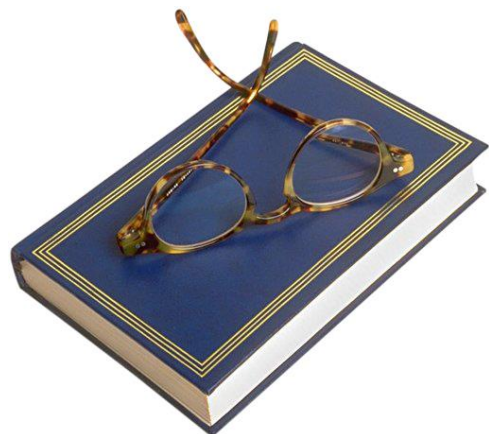
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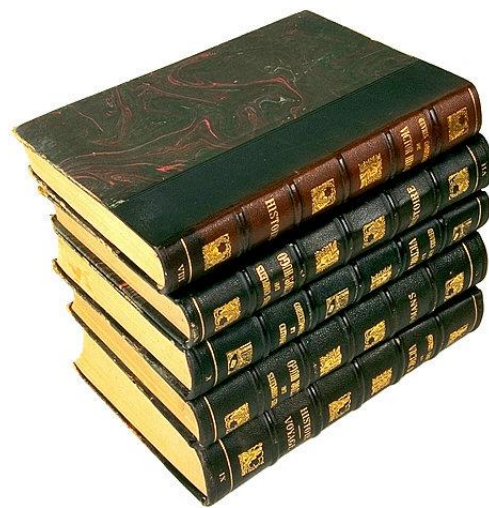
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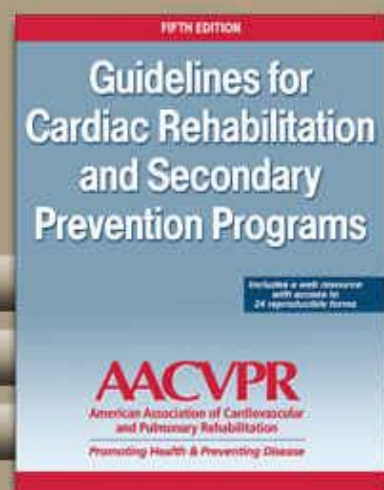


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DESTACADO

CINCUENTA MARATONES 50 DÍAS (Color)

STOP

Dean Karnazes ha corrido 563 kilómetros seguidos, pasando tres noches sin dormir, y ha inspirado a muchos admiradores de todo el mundo con sus aventuras. Pero para enfrentarse a la prueba definitiva de la resistencia, corrió 50 maratones en 50 días seguidos, cada uno en un estado diferente de EE.UU. En este libro, Karnazes revela cómo logró esta in...

NOVEDADES



DIDÁCTICA DEL BALONCESTO

Autor: Montero Seoane, Antonio.

Colección: Baloncesto

Reseña:

Todo profesional, dedicado a la enseñanza del baloncesto, encontrará en este libro una guía de referencia para el estudio y puesta en práctica de un método de trabajo eficaz que favorece la interacción jugador-entrenador, profesor-alumno.

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AÑADIR CARRITO



ANÁLISIS DE VALIDEZ:

Identificar Sitios-Web

Basados en Evidencia Científica

➤ Estrategias/recomendaciones - *Programa de Ejercicio:*

- ❖ Determinar si es legítimo y si el contenido provee:
"Sobre Nosotros" (About Us), o secciones similares
- ❖ Establecer si es precisa:
 - ¿Las recomendaciones siguen las guías de ACSM?
 - ¿Recomienda consultar a un médico antes del programa?
- ❖ Observar si existe información sobre:
los beneficios sobre la actividad física

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 Cotejar la presencia de los siguientes criterios:

-

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ANÁLISIS DE VALIDEZ:

Identificar Sitios-Web

Basados en Evidencia Científica

► Estrategias/recomendaciones - Programa de Ejercicio:

● Cotejar la presencia de los siguientes criterios:

► Dispone de un plan de motivación adaptado a las necesidades del cliente:

■ Equilibrio en la toma de decisiones

■ Auto-eficacia

■ Otros constructos psicológicos:

disponen de retrocomunicación a clientes

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Entrepreneurial Students Team ("EEE")

A group of people are sitting in a circle in a room, engaged in a discussion or meeting. There are several people visible, some sitting on chairs and others on the floor. A laptop is open on a table in the foreground. The room has a casual, collaborative atmosphere.

The CDE (in Spanish, Centro de Desarrollo de Emprendedores) is a laboratory for the development and awareness of the entrepreneurial mind-set. A place where students and professors share and develop creative-entrepreneurial high impact ideas.

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*** REPORTAJE: El Nuevo Día (25 de julio de 2013)**

Novel apuesta empresarial

El Recinto Metro de la Interamericana fomenta la cultura de negocios en el estudiantado

Los jóvenes crean sus propias empresas mientras se educan

POR MARIAN DÍAZ
mdiaz1@elnuevodia.com

¿QUÉ TIENEN EN COMÚN un campo de fútbol bajo techo, los restaurantes El Platanal y un anteproyecto legislativo para enseñar empresarismo en las escuelas públicas?

Que todas estas iniciativas han sido gestadas por universitarios, en particular por los miembros del Equipo de Estudiantes Emprendedores (EEE) del Centro de Desarrollo de Emprendedo-

res (CDE) de la Universidad Interamericana, recinto Metro.

El Centro se fundó en el 2008 y un año después nació la organización estudiantil EEE con apenas dos estudiantes, indicó Alex Roríguez Ginorio, profesor de la Inter y director del CDE.

A este Centro llegan alumnos de todas las disciplinas académicas que quieren desarrollar proyectos empresariales, se mezclan con los que ya tienen negocios, se consultan y trabajan en equipo como familia. “Es un laboratorio donde se enseña a emprender”, dijo el profesor.

ESTÍMULO PARA EMPRENDER

Para Gloria Carrasquillo, estudiante de Ciencias Biométricas, el Centro “es



LA PLATAFORMA one1book.com, fue creada por dos estudiantes para vender libros universitarios nuevos y usados

vital” porque estimula al estudiante a ser emprendedor, aunque se acerque al CDE, como es su caso, sin la idea de montar negocio. “El Centro me da la oportunidad de conocer lo que es el empresarismo y eso nos abre los horizontes”, dijo la futura científica, quien motivada por sus pares se convirtió en socia del EEE. “Esta es la mejor organización de la Inter”, aseveró.

Manuel De la Cruz, presidente del EEE, coincide con Carrasquillo. El joven quien lleva tres años en la organización, es el dueño de los restaurantes El Platanal en Carolina y Cupey, y del negocio rodante DLC Detailing, dedicado al lavado de autos a flotas corporativas. En este último, emplea a una

CENTRO DE DESARROLLO DE EMPRENDEDORES (CDE):

EQUIPO ESTUDIANTES EMPRENDEDORES (EEE)

35 EL NUEVO DÍA
JUEVES, 25 DE JULIO DE 2013

LAS INICIATIVAS DEL EEE

Negocios y proyectos que han emanado del Equipo de Estudiantes Emprendedores (EEE):

- academia y campo de fútbol bajo techo
- restaurante El Platanal en Cupey y Carolina
- negocio de lavado de autos DLC Detailing
- Onelbook.com, un negocio en línea para la venta de libros
- fundación de capítulos de Roots & Shoots en comunidades, escuelas y universidades
- coordinación de eventos para autora de libro
- anteproyecto legislativo para fomentar la enseñanza de la cultura emprendedora en las escuelas públicas
- negocio de piezas de arte, lámparas y otros productos hechos con material reciclable
- app para digitalizar los pedales de la guitarra
- web móvil cerofila.net para que los estudiantes no pierdan tiempo en la fila de Asistencia Económica y Registraduría de Inter Metro
- Los negocios Small Bar y London Bar en Condado

A man with glasses, wearing a dark suit, light blue shirt, and a striped tie, is speaking at a wooden podium. A microphone is positioned in front of him. He has a blue lanyard around his neck. The background is a plain, light-colored wall. The image is framed with a white border.

A photograph of an older man with a white beard and a younger man with glasses in a gym. They are both smiling and holding a grey kettlebell with both hands, arms extended forward. The older man is wearing a grey t-shirt and blue shorts. The younger man is wearing a grey and black t-shirt. The background shows gym equipment and bright lights.

¿PREGUNTAS?



A photograph of three male runners competing in a race. The runner in the foreground is wearing a yellow singlet and glasses. Behind him are two runners in blue singlets, one with bib number 2693. A digital clock in the background shows 47.49.

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A man wearing a white t-shirt, grey shorts, white socks, white sneakers, and a white baseball cap is crouching on a light-colored tennis court. He is holding a tennis racket with both hands in front of him. The background shows a dark fence and some greenery.