

Certificate in Advanced Personal Training – Content Summary

Topic 1. THE FITNESS INDUSTRY	
<u>Learning Outcomes</u> By the completion of this topic the student will be able to: <ul style="list-style-type: none"> • Define career options, the job roles and the respective responsibilities within in the fitness industry • Define the registration requirements of the fitness industry. • Identify OHS issues in the workplace, and develop a thorough knowledge of fitness equipment types, selection and maintenance. 	
The Fitness Industry 1	Slides
Welcome to the Fitness Industry <ul style="list-style-type: none"> ➤ Course Outcomes ➤ FIT College Expectations ➤ Studying Online 	54
The Fitness Industry 2	Slides
Fitness registration & Networking <ul style="list-style-type: none"> ➤ Fitness Industry Registration ➤ Networking ➤ Fitness Career options ➤ Qualities of a Fitness Professional 	60
The Fitness Industry 3	Slides
Occupational Health & Safety <ul style="list-style-type: none"> ➤ Workplace safety ➤ Policies and procedures ➤ Duty of Care ➤ Negligence ➤ Hazards ➤ Risk Analysis 	48
The Fitness Industry 4	Slides
Equipment Maintenance <ul style="list-style-type: none"> ➤ Know the tools of your trade ➤ Cardio Equipment ➤ Resistance equipment ➤ Free weights ➤ Specialised equipment ➤ Equipment design & function ➤ Equipment maintenance ➤ Plan & arrange fitness equipment 	62

Topic 2. FOUNDATION FITNESS SCIENCE

Learning Outcomes

By the completion of this topic the student will be able to

- Identify the anatomical features of the human body including the bones, joints and muscles.
- Describe the physiological functions of the human body including the specific functioning of the cardio-vascular, respiratory, digestive and nervous systems. The student will also develop a thorough knowledge of muscle physiology and energy systems.

Foundation Fitness Science 1	Slides
Anatomical Definitions <ul style="list-style-type: none"> ➤ Anatomical Position ➤ Movement Terminology ➤ Structure and function of the skeleton 	66
Foundation Fitness Science 2	Slides
Bone Names, Landmarks and Joint Types <ul style="list-style-type: none"> ➤ Identify and locate bones of the skeleton ➤ Landmarks on bones ➤ Joint types 	72
Foundation Fitness Science 3	Slides
Muscular Anatomy - Upper Body <ul style="list-style-type: none"> ➤ What are Muscles ➤ Naming of Muscles 	58
Foundation Fitness Science 4	Slides
Muscular Anatomy - Lower Body & Trunk <ul style="list-style-type: none"> ➤ Revision of Upper Body Muscles ➤ Muscles of Trunk & Lower Body ➤ Exercises which use these Muscles 	44
Foundation Fitness Science 5	Slides
Physiological Systems 1 <ul style="list-style-type: none"> ➤ Cardiovascular System ➤ Cardio-respiratory System 	65
Foundation Fitness Science 6	Slides
Physiological Systems 2 <ul style="list-style-type: none"> ➤ Digestive system ➤ Nervous system 	39
Foundation Fitness Science 7	Slides
Muscle Physiology <ul style="list-style-type: none"> ➤ Muscle Physiology ➤ Muscle Contractions ➤ Muscle Structures ➤ Muscle Shapes 	51
Foundation Fitness Science 8	Slides
Energy Systems <ul style="list-style-type: none"> ➤ Energy systems ➤ Anaerobic & Aerobic 	60

Topic 3. THE CLIENT JOURNEY

Learning Outcomes

By the completion of this topic the student will be able to:

- Conduct interviews with prospective clients and assess the client's commitment to a fitness program, and conduct initial fitness tests
- Devise and apply fitness tests and health questionnaires to assess clients' level of fitness, including anthropometry, strength and aerobic function testing.

The Client Journey 1	Slides
Docs, Pre-Screen & Needs Analysis <ul style="list-style-type: none"> ➤ The client start up procedure ➤ Policies, Terms & Conditions for the client start up ➤ Client Health Screening ➤ Client Needs Analysis 	36
The Client Journey 2	Slides
Testing, HR & BP <ul style="list-style-type: none"> ➤ Testing ➤ Heart Rate ➤ Blood Pressure 	25
The Client Journey 3	Slides
Basic Anthropometric Measurements <ul style="list-style-type: none"> ➤ Girth measurements ➤ Body Mass Index ➤ Waist to Hip ratio 	23
The Client Journey 4	Slides
Skinfold Testing <ul style="list-style-type: none"> ➤ Skin Folds 	30
The Client Journey 5	Slides
Case Studies <ul style="list-style-type: none"> ➤ Performing Needs Analysis ➤ Taking Skin Folds ➤ Taking Girth Measurements ➤ BMI & Waist to Hip Ratio ➤ Fitness Testing 	8
The Client Journey 6	Slides
Strength Testing <ul style="list-style-type: none"> ➤ Strength Testing 	30
The Client Journey 7	Slides
Performing Strength & Fitness Tests <ul style="list-style-type: none"> ➤ Maximal Strength Testing ➤ Aerobic Fitness Testing 	47

Topic 4. HEALTHY EATING

Learning Outcomes

By the completion of this topic the student will be able to:

- Describe the structure and function of the digestive system
- Describe the benefits of healthy eating and be able to advise clients on healthy eating options
- Describe metabolism and its relationship to body composition

Healthy Eating 1

Slides

Digestion & Principles of Healthy Eating

- Digestion
- The fundamental principles of healthy eating
- Limitations of Personal Trainers
- Referrals for clients

49

Healthy Eating 2

Slides

Body Composition Management

- Blood Pressure
- BMI/BMR
- Limb Girths & Waist/Hip ratio
- Skinfold Measurements
- Results interpretation

31

Healthy Eating 3

Slides

Healthy Eating Information

- Provide healthy eating information based on anthropometrical measurements

26

Topic 5. THE GYM INSTRUCTOR

Learning Outcomes

By the completion of this topic the student will be able to:

- Develop personal communication and customer service skills so they can present themselves as a competent fitness professional and deal with difficult situations as they arise.
- Devise prescriptive training programs aimed at individual client's health and fitness needs, and, through the use of basic program rules, will be able to determine which factors will guide the programs structure; e.g., strength or cardiovascular.
- Formulate suitable teaching and coaching methods through the assimilation of teaching and learning theories, and encourage and motivate clients to maintain their programs through appropriate strategies and procedures.

The Gym Instructor 1	Slides
Effective Communication <ul style="list-style-type: none"> ➤ Communication skills and barriers to communication ➤ Listening and Questioning ➤ Speed Networking and presentation of information 	68
The Gym Instructor 2	Slides
Exceptional Service <ul style="list-style-type: none"> ➤ What is service?/First point of contact ➤ Code of Ethics and Boundaries ➤ Dealing with and resolving complaints 	69
The Gym Instructor 3	Slides
Dealing with Clients <ul style="list-style-type: none"> ➤ Conflict, conflict styles and conflict resolution ➤ Motivation, Preparation, Presentation and Organisation 	46
The Gym Instructor 4	Slides
Exercise Prescription <ul style="list-style-type: none"> ➤ Isolated and compound exercises ➤ Exercise options ➤ Spotting/Exercise considerations 	74
The Gym Instructor 5	Slides
Rules of Programming <ul style="list-style-type: none"> ➤ SMARTIE principle ➤ Basic exercise order ➤ Warm up sets /Working sets /Rep selection /Rest periods /Speed of movement ➤ Design and review a resistance program 	77
The Gym Instructor 6	Slides
Cardiovascular Training <ul style="list-style-type: none"> ➤ Types of cardio training ➤ Duration of training /Intensity of training /Rest periods ➤ Design and review a cardio vascular program 	49
The Gym Instructor 7	Slides
Client Show-Through <ul style="list-style-type: none"> ➤ Client session show-through /Teaching strategies ➤ Program adherence ➤ Behaviour change /Arousal theories 	54
The Gym Instructor 8	Slides
Program Completion and Recording <ul style="list-style-type: none"> ➤ Tracking and reporting procedures ➤ Time management /Client tracker ➤ Assessment/Instruction/Review session structure ➤ New program structure /Service session structure 	65

Topic 6. GROUPS AND SPECIFIC POPULATIONS

Learning Outcomes

By the completion of this topic the student will be able to:

- Devise and deliver group fitness activities which meet the principles of group dynamics and the needs of each member of the group.
- Plan, conduct and review circuit classes
- Apply knowledge of the specific training needs to the management and correction of certain disorders.

Groups & Specific Populations 1

Slides

Developing groups

- Group Dynamics
- Types of Group Fitness
- Music for Group Fitness
- Safety

66

Groups & Specific Populations 2

Slides

Planning Group Training

- Planning process
- Session plans
- Demonstrating technique
- Equipment & resources
- Session timing

29

Groups & Specific Populations 3

Slides

Conducting Circuit Classes

- Design a circuit class
- Review the design
- Peer review of circuit class
- Conducting the session

23

Groups & Specific Populations 4

Slides

Specific Populations and Heart Disease

- What are Specific Populations
- Why specific populations should exercise
- Allied Health Network
- Heart disease

70

Groups & Specific Populations 5

Slides

Obesity & Diabetes

- Health patterns
- Children Obesity & trends in children's health
- What do we mean by physical activity
- Diabetes

34

Groups & Specific Populations 6

Slides

Asthma & Arthritis

- Asthma
- Arthritis

53

Groups & Specific Populations 7

Slides

Pregnancy & Psychological Disorders

- Pregnancy
- Psychological disorders

66

Topic 7. PRACTICAL ASSESSMENT WORKSHOP 1

Interim Online Exam

Interim Practical Exam

Topic 8. FOUNDATION PERSONAL TRAINING

Learning Outcomes

By the completion of this topic the student will be able to:

- Organise and structure a 5 week training block of Personal Training Session using appropriate documentation and selecting exercises for a personal training client
- Complete a Body Composition analysis of a client and give basic recommendations to clients on dietary aspects of increasing muscle and losing fat
- Differentiate between different categories of metabolism
- Design multiple approaches to a fitness goal through the design of Exercise Programs and Weekly Plans.
- Analyse Data from Needs analysis, Measurements and Health screen.
- Relate client behaviour to theories and models of behaviour change.
- Develop strategies for exercise adherence.

Foundation Personal Training 1

Slides

Plan & Deliver Personal Training

- Planning & Structuring Personal Training Sessions
- Completing initial start-up documents

39

Foundation Personal Training 2

Slides

Body Composition Analysis

- Body Composition introduction
- Basic tests
- Medical tests
- Insulin Resistance
- Experts in body composition
- Fat storage
- Food evolution

46

Foundation Personal Training 3

Slides

Programming for Body Composition

- Losing Fat
- Increasing muscle
- Metabolism
- Forms of training
- Approaches to structuring exercise

34

Foundation Personal Training 4

Slides

Designing & Planning Programs

Activity – Program & Weekly Plan Design

8

Foundation Personal Training 5

Slides

Psychology

- Theories of behavior change
 - Trans Theoretical Model
 - Health Action Approach
- Strategies for exercise adherence

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Topic 9. ADVANCED EXERCISE PRESCRIPTION

Learning Outcomes

By the completion of this topic the student will be able to:

- Define ideal postural alignment
- Conduct postural assessment and muscle function test on the full body
- Construct and modify exercise plans for clients
- Explain the adaptations the body makes to exercise

Advanced Exercise Prescription 1	Slides
Ideal Postural Alignment and ROM <ul style="list-style-type: none"> ➤ Review of Joints ➤ Ideal Posture/Flexibility/Range of Movement 	54
Advanced Exercise Prescription 2	Slides
Spine Postural Assessment <ul style="list-style-type: none"> ➤ What influences posture ➤ Training for posture/The ideal spine ➤ Using assessment forms 	44
Advanced Exercise Prescription 3	Slides
Upper Body Posture Assessment <ul style="list-style-type: none"> ➤ Ideal shoulder position ➤ Conduct Postural assessment/Muscle function testing 	59
Advanced Exercise Prescription 4	Slides
Lower Body Postural Assessment <ul style="list-style-type: none"> ➤ Ideal Hip Posture ➤ Static alignment testing – lower body ➤ Muscle function testing 	64
Advanced Exercise Prescription 5	Slides
Full Body Postural Assessment <ul style="list-style-type: none"> ➤ Common compensations ➤ Training approaches ➤ Full body assessment 	33
Advanced Exercise Prescription 6	Slides
Hormones & Abnormal Environments <ul style="list-style-type: none"> ➤ Physiological responses to physical activity ➤ Environmental conditions and their relation to exercise 	64
Advanced Exercise Prescription 7	Slides
Biomechanics <ul style="list-style-type: none"> ➤ Mechanics of the body ➤ Levers and torque force/Newton's three laws ➤ Balance, Equilibrium, & Stability/Force and mechanical loading 	72
Advanced Exercise Prescription 8	Slides
Exercise Variations and Misconceptions <ul style="list-style-type: none"> ➤ Exercise variations ➤ Meth's misconceptions ➤ Evaluate training programs and overtraining 	74
Advanced Exercise Prescription 9	Slides
Principles & Types of Training <ul style="list-style-type: none"> ➤ Principles of Training ➤ Types of training 	75
Advanced Exercise Prescription 10	Slides
Exercise Progression & The 3 P's <ul style="list-style-type: none"> ➤ Exercise progression ➤ Proprioception and postural demand ➤ Key issues for program design 	37

Topic 10. SPECIALISED PERSONAL TRAINING

Learning Outcomes

By the completion of this topic the student will be able to:

- Recognise behavioural patterns in younger children, and adapt strategies to deal with them if required
- Plan, write and assess programs designed for younger children and adolescents
- Plan, write and assess programs designed for apparently healthy older individuals
- Assess clients and refer them onto relevant Allied Health Professionals when applicable

Specialised Personal Trainer 1

Slides

Interact Effectively with Children

- Child-care Blue Cards
- Limitations of the Personal Trainer
- Dealing with children
- Communicating with children
- Identifying and dealing with different behavioural styles

47

Specialised Personal Trainer 2

Slides

Movement Skills for Children

- Children's Eating Patterns
- Physical Activity in Younger Individuals
- Limitations of a Personal Trainer
- Stages of Development
- Children's posture
- Fundamental movement skills

56

Specialised Personal Trainer 3

Slides

Healthy Children and Adolescents

- Training ages
- Assessment of basic function
- Exercise progression for youths and adolescents
- Safety and recovery

56

Specialised Personal Trainer 4

Slides

Older Clients with Managed Conditions

- Communication with the elderly
- Problem solving skills
- Exercise planning
- Injury prevention
- Interpersonal skills
- Time management

37

Specialised Personal Trainer 5

Slides

Working with Allied Health Professionals

- Referrals
- Considerations for special requirements
- Monitoring clients progress
- Maintaining case management files

40

Topic 11. FITNESS BUSINESS

Learning Outcomes

By the completion of this topic the student will be able to:

- Develop a business plan including goals, financial and legal considerations
- Understand the key aspects of a marketing plan and relevant marketing concepts and methods
- Identify branding and sales opportunities

Fitness Business 1

Slides

Business Planning

- Resumes and Interview techniques
- Business structures
- Business Planning

80

Fitness Business 2

Slides

Business Planning and Goal setting

- Identify elements of the Business and Marketing Plan
- Marketing Strategy
- Business Set Up
- Running costs – Financial considerations

82

Fitness Business 3

Slides

Market the Small Business

- Marketing Plan concepts
- Target market analysis
- Competitor research
- External environments
- Fitness industry Law and Governance
- SWOT Analysis

76

Fitness Business 4

Slides

Marketing Mix 1

- Marketing Plan – 4P's
- Product Mix
- Branding
- Price Mix
- Selling techniques
- Your Sales Kit

102

Fitness Business 5

Slides

Marketing Mix 2

- Marketing Plan – Place Mix and Strategy formulation
- Promotions Mix
- Promotions Strategies
- Measuring success – KPI's
- Scripting
- Global Marketing Case Study

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Topic 12. PERFORMANCE PERSONAL TRAINING

Learning Outcomes

By the completion of this topic the student will be able to:

- Identify sports specific training
- Analyse and develop training programs for athletes
- Analyse and develop endurance training programs

Performance Personal Training 1

Slides

Understanding Sports Training

- Understanding the sport
- Language of periodisation
- Different styles of periodisation
- Sample plans
- Training speed
- Types of strength

63

Performance Personal Training 2

Slides

Long Term Exercise Planning

- Periodisation and terminology
- Periodisation models
- Case study programming

51

Performance Personal Training 3

Slides

Adaptations to Training & Endurance

- Adaptation to training
- Unloading training
- Peaking
- Recovery timeline
- Physical therapies
- Methods of Cardio Vascular Training
- Designing Cardio Vascular Programs
- Weekly Plan
- Session Plan

104

Performance Personal Training 4

Slides

Athlete Assessment – Dynamic Movement Screen

- Athlete Assessment
- Athletic Profile
- Push/Pull Strength
- Core Strength
- Dynamic Movement Competency Screen
- Using Screening Data

48

Performance Personal Training 5

Slides

Athlete Assessment – Body Stability

- Lower Body Stability Tests
- McGill Torso Endurance Tests
- Upper body Stability

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Topic 13. PRACTICAL ASSESSMENT WORKSHOP 2

Final Online Exam

Final Practical Exam

Work experience logbook



0800 99 88 98

info@fitcollege.co.nz