

**Certificate in Advanced Personal Training – Content Summary**

<b>Topic 1. THE FITNESS INDUSTRY</b>	
<p><b><u>Learning Outcomes</u></b></p> <p>By the completion of this topic the student will be able to:</p> <ul style="list-style-type: none"> <li>• Define career options, the job roles and the respective responsibilities within in the fitness industry</li> <li>• Define the registration requirements of the fitness industry.</li> <li>• Identify OHS issues in the workplace, and develop a thorough knowledge of fitness equipment types, selection and maintenance.</li> </ul>	
<b>The Fitness Industry 1</b>	<b>Slides</b>
<p><b>Welcome to the Fitness Industry</b></p> <ul style="list-style-type: none"> <li>➤ Course Outcomes</li> <li>➤ FIT College Expectations</li> <li>➤ Studying Online</li> </ul>	54
<b>The Fitness Industry 2</b>	<b>Slides</b>
<p><b>Fitness registration &amp; Networking</b></p> <ul style="list-style-type: none"> <li>➤ Fitness Industry Registration</li> <li>➤ Networking</li> <li>➤ Fitness Career options</li> <li>➤ Qualities of a Fitness Professional</li> </ul>	60
<b>The Fitness Industry 3</b>	<b>Slides</b>
<p><b>Occupational Health &amp; Safety</b></p> <ul style="list-style-type: none"> <li>➤ Workplace safety</li> <li>➤ Policies and procedures</li> <li>➤ Duty of Care</li> <li>➤ Negligence</li> <li>➤ Hazards</li> <li>➤ Risk Analysis</li> </ul>	48
<b>The Fitness Industry 4</b>	<b>Slides</b>
<p><b>Equipment Maintenance</b></p> <ul style="list-style-type: none"> <li>➤ Know the tools of your trade</li> <li>➤ Cardio Equipment</li> <li>➤ Resistance equipment</li> <li>➤ Free weights</li> <li>➤ Specialised equipment</li> <li>➤ Equipment design &amp; function</li> <li>➤ Equipment maintenance</li> <li>➤ Plan &amp; arrange fitness equipment</li> </ul>	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
<b>Anatomical Definitions</b> <ul style="list-style-type: none"> <li>➤ Anatomical Position</li> <li>➤ Movement Terminology</li> <li>➤ Structure and function of the skeleton</li> </ul>	66
Foundation Fitness Science 2	Slides
<b>Bone Names, Landmarks and Joint Types</b> <ul style="list-style-type: none"> <li>➤ Identify and locate bones of the skeleton</li> <li>➤ Landmarks on bones</li> <li>➤ Joint types</li> </ul>	72
Foundation Fitness Science 3	Slides
<b>Muscular Anatomy - Upper Body</b> <ul style="list-style-type: none"> <li>➤ What are Muscles</li> <li>➤ Naming of Muscles</li> </ul>	58
Foundation Fitness Science 4	Slides
<b>Muscular Anatomy - Lower Body &amp; Trunk</b> <ul style="list-style-type: none"> <li>➤ Revision of Upper Body Muscles</li> <li>➤ Muscles of Trunk &amp; Lower Body</li> <li>➤ Exercises which use these Muscles</li> </ul>	44
Foundation Fitness Science 5	Slides
<b>Physiological Systems 1</b> <ul style="list-style-type: none"> <li>➤ Cardiovascular System</li> <li>➤ Cardio-respiratory System</li> </ul>	65
Foundation Fitness Science 6	Slides
<b>Physiological Systems 2</b> <ul style="list-style-type: none"> <li>➤ Digestive system</li> <li>➤ Nervous system</li> </ul>	39
Foundation Fitness Science 7	Slides
<b>Muscle Physiology</b> <ul style="list-style-type: none"> <li>➤ Muscle Physiology</li> <li>➤ Muscle Contractions</li> <li>➤ Muscle Structures</li> <li>➤ Muscle Shapes</li> </ul>	51
Foundation Fitness Science 8	Slides
<b>Energy Systems</b> <ul style="list-style-type: none"> <li>➤ Energy systems</li> <li>➤ Anaerobic &amp; Aerobic</li> </ul>	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
<b>Docs, Pre-Screen &amp; Needs Analysis</b> <ul style="list-style-type: none"> <li>➤ The client start up procedure</li> <li>➤ Policies, Terms &amp; Conditions for the client start up</li> <li>➤ Client Health Screening</li> <li>➤ Client Needs Analysis</li> </ul>	36
The Client Journey 2	Slides
<b>Testing, HR &amp; BP</b> <ul style="list-style-type: none"> <li>➤ Testing</li> <li>➤ Heart Rate</li> <li>➤ Blood Pressure</li> </ul>	25
The Client Journey 3	Slides
<b>Basic Anthropometric Measurements</b> <ul style="list-style-type: none"> <li>➤ Girth measurements</li> <li>➤ Body Mass Index</li> <li>➤ Waist to Hip ratio</li> </ul>	23
The Client Journey 4	Slides
<b>Skinfold Testing</b> <ul style="list-style-type: none"> <li>➤ Skin Folds</li> </ul>	30
The Client Journey 5	Slides
<b>Case Studies</b> <ul style="list-style-type: none"> <li>➤ Performing Needs Analysis</li> <li>➤ Taking Skin Folds</li> <li>➤ Taking Girth Measurements</li> <li>➤ BMI &amp; Waist to Hip Ratio</li> <li>➤ Fitness Testing</li> </ul>	8
The Client Journey 6	Slides
<b>Strength Testing</b> <ul style="list-style-type: none"> <li>➤ Strength Testing</li> </ul>	30
The Client Journey 7	Slides
<b>Performing Strength &amp; Fitness Tests</b> <ul style="list-style-type: none"> <li>➤ Maximal Strength Testing</li> <li>➤ Aerobic Fitness Testing</li> </ul>	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
<b>Digestion &amp; Principles of Healthy Eating</b> <ul style="list-style-type: none"> <li>➤ Digestion</li> <li>➤ The fundamental principles of healthy eating</li> <li>➤ Limitations of Personal Trainers</li> <li>➤ Referrals for clients</li> </ul>	49
Healthy Eating 2	Slides
<b>Body Composition Management</b> <ul style="list-style-type: none"> <li>➤ Blood Pressure</li> <li>➤ BMI/BMR</li> <li>➤ Limb Girths &amp; Waist/Hip ratio</li> <li>➤ Skinfold Measurements</li> <li>➤ Results interpretation</li> </ul>	31
Healthy Eating 3	Slides
<b>Healthy Eating Information</b> <ul style="list-style-type: none"> <li>➤ Provide healthy eating information based on anthropometrical measurements</li> </ul>	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
<b>Effective Communication</b> <ul style="list-style-type: none"> <li>➤ Communication skills and barriers to communication</li> <li>➤ Listening and Questioning</li> <li>➤ Speed Networking and presentation of information</li> </ul>	68
The Gym Instructor 2	Slides
<b>Exceptional Service</b> <ul style="list-style-type: none"> <li>➤ What is service?/First point of contact</li> <li>➤ Code of Ethics and Boundaries</li> <li>➤ Dealing with and resolving complaints</li> </ul>	69
The Gym Instructor 3	Slides
<b>Dealing with Clients</b> <ul style="list-style-type: none"> <li>➤ Conflict, conflict styles and conflict resolution</li> <li>➤ Motivation, Preparation, Presentation and Organisation</li> </ul>	46
The Gym Instructor 4	Slides
<b>Exercise Prescription</b> <ul style="list-style-type: none"> <li>➤ Isolated and compound exercises</li> <li>➤ Exercise options</li> <li>➤ Spotting/Exercise considerations</li> </ul>	74
The Gym Instructor 5	Slides
<b>Rules of Programming</b> <ul style="list-style-type: none"> <li>➤ SMARTIE principle</li> <li>➤ Basic exercise order</li> <li>➤ Warm up sets /Working sets /Rep selection /Rest periods /Speed of movement</li> <li>➤ Design and review a resistance program</li> </ul>	77
The Gym Instructor 6	Slides
<b>Cardiovascular Training</b> <ul style="list-style-type: none"> <li>➤ Types of cardio training</li> <li>➤ Duration of training /Intensity of training /Rest periods</li> <li>➤ Design and review a cardio vascular program</li> </ul>	49
The Gym Instructor 7	Slides
<b>Client Show-Through</b> <ul style="list-style-type: none"> <li>➤ Client session show-through /Teaching strategies</li> <li>➤ Program adherence</li> <li>➤ Behaviour change /Arousal theories</li> </ul>	54
The Gym Instructor 8	Slides
<b>Program Completion and Recording</b> <ul style="list-style-type: none"> <li>➤ Tracking and reporting procedures</li> <li>➤ Time management /Client tracker</li> <li>➤ Assessment/Instruction/Review session structure</li> <li>➤ New program structure /Service session structure</li> </ul>	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

<b>Topic 7. PRACTICAL ASSESSMENT WORKSHOP 1</b>
Interim Online Exam
Interim Practical Exam

<b>Topic 8. FOUNDATION PERSONAL TRAINING</b>	
<b>Learning Outcomes</b>	
By the completion of this topic the student will be able to:	
<ul style="list-style-type: none"> <li>• Organise and structure a 5 week training block of Personal Training Session using appropriate documentation and selecting exercises for a personal training client</li> <li>• Complete a Body Composition analysis of a client and give basic recommendations to clients on dietary aspects of increasing muscle and losing fat</li> <li>• Differentiate between different categories of metabolism</li> <li>• Design multiple approaches to a fitness goal through the design of Exercise Programs and Weekly Plans.</li> <li>• Analyse Data from Needs analysis, Measurements and Health screen.</li> <li>• Relate client behaviour to theories and models of behaviour change.</li> <li>• Develop strategies for exercise adherence.</li> </ul>	
<b>Foundation Personal Training 1</b>	<b>Slides</b>
<b>Plan &amp; Deliver Personal Training</b> <ul style="list-style-type: none"> <li>➤ Planning &amp; Structuring Personal Training Sessions</li> <li>➤ Completing initial start-up documents</li> </ul>	39
<b>Foundation Personal Training 2</b>	<b>Slides</b>
<b>Body Composition Analysis</b> <ul style="list-style-type: none"> <li>➤ Body Composition introduction</li> <li>➤ Basic tests</li> <li>➤ Medical tests</li> <li>➤ Insulin Resistance</li> <li>➤ Experts in body composition</li> <li>➤ Fat storage</li> <li>➤ Food evolution</li> </ul>	46
<b>Foundation Personal Training 3</b>	<b>Slides</b>
<b>Programming for Body Composition</b> <ul style="list-style-type: none"> <li>➤ Losing Fat</li> <li>➤ Increasing muscle</li> <li>➤ Metabolism</li> <li>➤ Forms of training</li> <li>➤ Approaches to structuring exercise</li> </ul>	34
<b>Foundation Personal Training 4</b>	<b>Slides</b>
<b>Designing &amp; Planning Programs</b> Activity – Program & Weekly Plan Design	8
<b>Foundation Personal Training 5</b>	<b>Slides</b>
<b>Psychology</b> <ul style="list-style-type: none"> <li>➤ Theories of behavior change               <ul style="list-style-type: none"> <li>○ Trans Theoretical Model</li> <li>○ Health Action Approach</li> </ul> </li> <li>➤ Strategies for exercise adherence</li> </ul>	48

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

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### **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

<b>Topic 11. FITNESS BUSINESS</b>	
<p><b><u>Learning Outcomes</u></b></p> <p>By the completion of this topic the student will be able to:</p> <ul style="list-style-type: none"> <li>• Develop a business plan including goals, financial and legal considerations</li> <li>• Understand the key aspects of a marketing plan and relevant marketing concepts and methods</li> <li>• Identify branding and sales opportunities</li> </ul>	
<b>Fitness Business 1</b>	<b>Slides</b>
<p><b>Business Planning</b></p> <ul style="list-style-type: none"> <li>➤ Resumes and Interview techniques</li> <li>➤ Business structures</li> <li>➤ Business Planning</li> </ul>	80
<b>Fitness Business 2</b>	<b>Slides</b>
<p><b>Business Planning and Goal setting</b></p> <ul style="list-style-type: none"> <li>➤ Identify elements of the Business and Marketing Plan</li> <li>➤ Marketing Strategy</li> <li>➤ Business Set Up</li> <li>➤ Running costs – Financial considerations</li> </ul>	82
<b>Fitness Business 3</b>	<b>Slides</b>
<p><b>Market the Small Business</b></p> <ul style="list-style-type: none"> <li>➤ Marketing Plan concepts</li> <li>➤ Target market analysis</li> <li>➤ Competitor research</li> <li>➤ External environments</li> <li>➤ Fitness industry Law and Governance</li> <li>➤ SWOT Analysis</li> </ul>	76
<b>Fitness Business 4</b>	<b>Slides</b>
<p><b>Marketing Mix 1</b></p> <ul style="list-style-type: none"> <li>➤ Marketing Plan – 4P’s</li> <li>➤ Product Mix</li> <li>➤ Branding</li> <li>➤ Price Mix</li> <li>➤ Selling techniques</li> <li>➤ Your Sales Kit</li> </ul>	102
<b>Fitness Business 5</b>	<b>Slides</b>
<p><b>Marketing Mix 2</b></p> <ul style="list-style-type: none"> <li>➤ Marketing Plan – Place Mix and Strategy formulation</li> <li>➤ Promotions Mix</li> <li>➤ Promotions Strategies</li> <li>➤ Measuring success – KPI’s</li> <li>➤ Scripting</li> <li>➤ Global Marketing Case Study</li> </ul>	66

<b>Topic 12. PERFORMANCE PERSONAL TRAINING</b>	
<p><b>Learning Outcomes</b></p> <p>By the completion of this topic the student will be able to:</p> <ul style="list-style-type: none"> <li>• Identify sports specific training</li> <li>• Analyse and develop training programs for athletes</li> <li>• Analyse and develop endurance training programs</li> </ul>	
<b>Performance Personal Training 1</b>	<b>Slides</b>
<p><b>Understanding Sports Training</b></p> <ul style="list-style-type: none"> <li>➤ Understanding the sport</li> <li>➤ Language of periodisation</li> <li>➤ Different styles of periodisation</li> <li>➤ Sample plans</li> <li>➤ Training speed</li> <li>➤ Types of strength</li> </ul>	63
<b>Performance Personal Training 2</b>	<b>Slides</b>
<p><b>Long Term Exercise Planning</b></p> <ul style="list-style-type: none"> <li>➤ Periodisation and terminology</li> <li>➤ Periodisation models</li> <li>➤ Case study programming</li> </ul>	51
<b>Performance Personal Training 3</b>	<b>Slides</b>
<p><b>Adaptations to Training &amp; Endurance</b></p> <ul style="list-style-type: none"> <li>➤ Adaptation to training</li> <li>➤ Unloading training</li> <li>➤ Peaking</li> <li>➤ Recovery timeline</li> <li>➤ Physical therapies</li> <li>➤ Methods of Cardio Vascular Training</li> <li>➤ Designing Cardio Vascular Programs</li> <li>➤ Weekly Plan</li> <li>➤ Session Plan</li> </ul>	104
<b>Performance Personal Training 4</b>	<b>Slides</b>
<p><b>Athlete Assessment – Dynamic Movement Screen</b></p> <ul style="list-style-type: none"> <li>➤ Athlete Assessment</li> <li>➤ Athletic Profile</li> <li>➤ Push/Pull Strength</li> <li>➤ Core Strength</li> <li>➤ Dynamic Movement Competency Screen</li> <li>➤ Using Screening Data</li> </ul>	48
<b>Performance Personal Training 5</b>	<b>Slides</b>
<p><b>Athlete Assessment – Body Stability</b></p> <ul style="list-style-type: none"> <li>➤ Lower Body Stability Tests</li> <li>➤ McGill Torso Endurance Tests</li> <li>➤ Upper body Stability</li> </ul>	45

**Topic 13. PRACTICAL ASSESSMENT WORKSHOP 2**

Final Online Exam

Final Practical Exam

Work experience logbook



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