

Syllabus

CERTIFIED FITNESS TRAINER

COURSE LENGTH

6 months

PREREQUISITES

None

CO-REQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Hatfield, Frederick C. *Fitness: The Complete Guide*. Edition 9.0. International Sports Sciences Association.

COURSE DESCRIPTION

This course covers the principles of general personal training including anatomy, physiology, biomechanics, client assessment, exercise program design, general nutrition principles, motivation, special populations, and injury prevention.

COURSE OBJECTIVES

- Explain the fundamental principles of anatomy & physiology.
- Describe the musculoskeletal system, body mechanics, and body musculature in relation to exercise and movement.
- Describe the primary concepts of human physiology at rest and during exercise. Administer assessments related to health, fitness, nutrition, and weight management.
- Design a program that is customized according to the results of a client's individual health and fitness assessment(s).
- Incorporate the correct anatomy, physiology, kinesiology, and body mechanic terminology when communicating with clients.
- Instruct clients on the integration of a healthy lifestyle through exercise and proper nutrition. Monitor client progress toward program goals.
- Describe the basic principles of nutrition and how they relate to health and exercise programs. Apply the accepted industry standards for exercise safety.
- Apply the basic principles of human motivation and coaching techniques to encourage clients. Describe the fundamentals of injury prevention.
- Describe health and fitness program modifications for special populations.
- Recognize the situations that require professional input outside of trainer scope of practice.

- Conduct his or her self according to the Trainer Code of Ethics.

COURSE OUTCOMES

- Analyze the collected health history information to determine a client's physical ability to participate in an exercise program.
- Use skinfolds, girths, height, and weight to assess and monitor body composition.
- Administer and interpret basic fitness tests to assess a client's fitness level.
- Utilize the knowledge of metabolism, muscle anatomy, biomechanics, training, and adaptation principles to create a periodized workout program for a client based on fitness level and goals.
- Identify and assign the appropriate exercises for specific body parts.
- Monitor a client's progress in an exercise program and recommend changes as appropriate.
- Identify opportunities to instill the trainer code of ethics into daily practice.
- Determine the appropriate exercise programming for clients in special populations.
- Construct individualized nutrition strategies based on basal metabolic rate, daily caloric expenditure, and nutritional content of foods.
- Identify the instances when additional professional assistance is required with either exercise design or client injury needs.

COURSE OUTLINE

You have 6 months from the time that you enroll in the course to complete the course. A suggested guided study for you to complete the course is set up as follows:

Module 1: Metabolism, Basic Anatomy, and Physiology

Module 2: Muscle Anatomy and Physiology

Module 3: Kinesiology, Biomechanics, Musculoskeletal Deviations, Muscle Mechanics

Module 4: Strength

Module 5: Cardiovascular Training, Flexibility, Body Composition, Program Development

Module 6: Assessment, Training Principles, Periodization, Training Loads

Module 7: Nutrition

Module 8: Special Populations

Module 9: Sports Medicine, First Aid

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Earn a course score of 75% or better on each section of the final exam.**
- **Submit current Adult CPR/AED**
- **Any fees must be paid in full.**