

Course Description and Subject Material

LEVEL 3: Fitness Instructor Certification

This course provides the learners with all the knowledge skills and abilities to deliver fitness instructions to individuals with the use of equipment.

Subject areas include:

- Musculoskeletal Anatomy
- Physiology (Muscles, Cardiovascular System, Energy Systems)
- Training Adaptation
- Exercise Physiology
- Nutrition for health and Fitness
- Sports Injuries and how to prevent it
- Training the Major muscle group
- Fat Loss programs
- Flexibility

LEVEL 4: Personal Trainer Certification

The Personal Fitness Trainer Certification Course is the core program for safe and effective personal training. This course teaches and tests on the essential information to train individuals in gyms, health clubs, and other one-on-one fitness training environments. If you are new to personal training, this course will present the basic knowledge and principles necessary to create effective training programs.

Subject areas include:

- Muscle physiology
- Energy metabolism
- Exercise physiology training principles
- Strength and aerobic conditioning
- Safety guidelines
- Sports training
- Fitness testing
- Body composition analysis
- Safety, anatomy, and exercise
- Complete program design and development
- Documentation
- Nutritional considerations for the personal trainer
- Psychology, motivation, ethics, and success
- Business of fitness: marketing/law/finance