EXCELSIOR COLLEGE

7 Columbia Circle, Albany, NY 12203-5159
Phone: **518.608.8211** | Toll Free: **888.647.2388** | Fax: 518.464.8777
WWW.EXCELSIOR.EDU/CPD

CENTER FOR PROFESSIONAL DEVELOPMENT

PERSONAL FITNESS TRAINER

250 Hours/9 Months/Instructor-Facilitated
Course Code: **GH0013** || Course Cost: **$2095**

OVERVIEW

The Personal Fitness Trainer Online Training Program will give you the knowledge, skills, and abilities to implement a unique, medically based fitness model for your clients. Learn everything you'll need to know to become a confident, qualified personal trainer who clients clamor to work with. The American College of Sports Medicine has approved this curriculum for continuing education credits, so you can trust that you're getting quality training from industry professionals.

The American College of Sports Medicine's Professional Education Committee certifies that Educational Fitness Solutions, Inc, who works with us to bring you this program, meets the criteria for official ACSM Approved Provider status from (2010 – 2013). Providership # 672784. This program is approved for 50 Continuing Education Credits through ACSM.

OBJECTIVES

By completing the Certificate in Personal Fitness Training, you will:

- Prepare to work as a personal trainer in the health and fitness industry
- Learn how to implement a medically based fitness model and the ACSM Risk Stratification process for clients
- Understand the process of conducting a detailed health and fitness assessment
- Identify the business fundamentals of administration, marketing, and management in personal training
- Gain information about nutrition, exercise science, kinesiology, exercise physiology, biomechanics, neurology, client testing and assessment, functional anatomy, and exercise programming
- Prepare to take personal training certification exams from ACE, ACSM, and other national organizations

MATERIALS INCLUDED

These items will be provided by ed2go:

- M*anual of Structural Kinesiology*
- *Exercise Physiology: Theory and Application to Fitness and Performance*
- *ACSM's Resources for the Personal Trainer, Second Edition*
- *ACSM's Guidelines for Exercise Testing and Prescription, Seventh Edition*
- *Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action*

The items below are recommended, but they're not required. These items aren't provided by Excelsior College / ed2go, but you'll be able to purchase these materials through a discounted bookstore, if you'd like to do so.

Textbooks/Materials

- *Joint Structure and Function*
- *The Anatomy Coloring Book, Third Edition*
- *Kinesiology—Scientific Basis of Human Motion, 10th Edition*
- *Illustrated Essentials of Musculoskeletal Anatomy*
- *Illustrated Skeletal Muscle Flash Cards, First Edition*
- *Exercise Testing and Prescription, Sixth Edition*
- *Measurements of Joint Motion—A Guide to Goniometry*

Fitness Equipment

- Posture and Body Alignment Grid
- Slim Guide Calipers
- Blood Pressure Cuff and Stethoscope
- Goniometer
- Spring-loaded Tape Measure

OUTLINE

I. **Introduction to Exercise Science: Level I (Anatomy and Kinesiology)**
   A. Define Kinesiology, Functional Anatomy, and Biomechanics
   B. Identify Skeletal Structures and Primary, Secondary, and Stabilizing Muscles
   C. Understand Terminology Used to Describe Body Part Locations, Reference Positions, Planes of Motion, and Anatomical Directions
   D. Understand Functional Anatomy, Muscle Contractions, and the Effects of stress placed on Joint Structures During Exercise Movements

II. **Introduction to Exercise Science: Level II (Exercise Physiology)**
   A. Understand the Reactions and Functions of the Muscular, Skeletal, and Cardiorespiratory Systems With and Without Exercise Conditioning
   B. Review Enzymes in Their Role as a Catalyst in Cellular Reactions and Nutrients Used as Fuels During Exercise
   C. Identify High-energy Phosphates and Interactions Between Aerobic and Anaerobic ATP Production During Exercise
   D. Understand Neuromuscular Function and the Physiology of Exercise in Relation to Exercise Programs and Environmental Factors

III. **Health-Risk Profiles and Fitness Assessment Techniques**
   A. Understand the Process of Conducting an Initial Health and Fitness Evaluation
   B. Define Client-screening Procedures, Medical and Health History Intake Forms, PAR-Q, Informed Consent Forms, and the American College of Sports Medicine (ACSM) Risk Stratification Process
   C. Learn How to Perform Fitness and Health Assessments, including Posture, Cardiorespiratory Endurance, Joint Range of Motion (ROM), Body-fat Analysis, Blood Pressure, and Body Measurements Based on ACSM Guidelines

D. Understand the Goals and Objectives of the Client and Learn the Importance of Building a Long-term Relationship

IV. Business Administration and Management Aspects for Personal Trainers

A. Develop a Personal Career Track
B. Analyze the State of the Fitness Industry and Personal Training Market
C. Learn to Manage and Administer a Personal Training Department, Studio, or Business
D. Learn Business Fundamentals in Accounting, Sales, Management, Marketing, and Business Plan Development

V. Designing Exercise Prescriptions for Normal and Special Populations

A. Principles of Exercise Prescription Development, Including Resistance and Weight Training, Flexibility, and Cardiovascular Programming
B. Review the Specific Physiological Reasons to Initiate an Exercise Program and to Discontinue an Exercise Program
C. How Exercise Is Related to and Can Help Normal to Special Populations and Conditions
D. Document and Report Your Client's Exercise Prescription Evaluation Results and Progress

VI. Elective Program: Optional Field Internship in Personal Training

A. Intern for a total of six weeks/60 hours with professionals in the fitness and health industry for a practical experience working with members at fitness facilities and health centers
B. Network and interact with professionals in the health and fitness industry
C. Develop a professional goal statement and review career opportunities
D. Improve your ability to obtain employment or operate your own health and fitness facility

COMPUTER REQUIREMENTS

This program is compatible with the Windows XP and later operating systems and IE 7 and later browsers.

This program can be taken from a PC. It is not recommended for MAC users. Technical requirements include, but are not limited to, having Internet access with a 56K modem (but it's highly recommended that you have DSL or high-speed cable Internet access), 64 MB system RAM, 200 MB free hard-disk space memory or sufficient storage; reliable e-mail account access, CD-ROM/DVD capabilities, and a reliable Internet provider. Some individual modules may have additional software and/or hardware requirements.

INSTRUCTOR BIO

Ken Baldwin, M.ED, ACSM-H/FI, is the program coordinator and an instructor for the Personal Fitness Trainer and Advanced Fitness Trainer Programs. He is the former chair of IDEA's National Personal Trainer Committee and chair of the Senior Fitness Subcommittee for the Massachusetts Governor's Committee on Physical Fitness and Sports. Ken is the senior editor, content expert, and lead author for ACSM's Resources for the Personal Trainer Textbook, Second Edition. He continues to serve on national committees for the American College of Sports

Medicine (ACSM), AAHPERD, and the Medical Fitness Association. He has been honored with numerous awards, including IDEA's Personal Trainer of the Year Award, presented at the IDEA International Personal Training Summit.

Ken has been involved in the fitness, wellness, and education profession for over 10 years. His background includes operating and managing a personal training company; training many types of populations, from children to seniors and beginning exercisers to athletes; and lecturing and consulting at corporations, public events, national conventions (ACSM Health and Fitness Summit, Club Industry, IDEA, International Council of Active Aging, and the Medical Fitness Association, to name a few), and international conferences. In addition to his industry experience, he's actively involved in working with national organizations and colleges and universities to develop educational standards for those wishing to enter the personal fitness training profession.