EXCELSIOR COLLEGE®

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CENTER FOR PROFESSIONAL DEVELOPMENT

ADVANCED PERSONAL FITNESS TRAINER

400 Hours/9 Months/Instructor-Facilitated
Course Code: **CPD031** || Course Cost: **$2795**

OVERVIEW

This interactive, comprehensive Advanced Personal Fitness Trainer Online Certificate Program will help you further your personal training education. Each module in the program is designed to teach you the knowledge and skills to implement a unique, medically based fitness plan for your clients. You'll learn how to apply your client's health history, goals, and abilities into a systematic model that will allow each client to progress through different training levels and phases. You'll also have the unique opportunity to participate in an on-site, practical experience in personal training through an optional six-week, 60-hour field internship.

This certificate program includes:

- Advanced education in exercise prescription and nutritional programming
- Study of the exercise sciences, kinesiology, and biomechanics
- A medically-based fitness model to use with your clients
- Business administration and management systems information
- Training in conducting health and fitness testing
- Information about the ACSM screening processes
- Analysis of exercise movements and performance
- Training in developing exercise prescriptions for all age groups

The program is offered in partnership with the American Council on Exercise® (ACE). Graduates of the Certificate Program will receive a preferred discount of 20% off the ACE Certified Personal Trainer® Certification Exam (an NCCA-accredited exam) and on study materials.

The Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association, has approved the Advanced Personal Fitness Trainer Certificate Program for 80 CPEUs, and the Optional Field Internship Program for 60 CPEUs for both registered dietitians and those who are dietetic technician-registered.

The following national organizations and associations have approved the Personal Fitness Trainer Program for CEC/CEUs:

- The American Senior Fitness Association (SFA): 2.0 CEUs per program
- The National Council on Strength and Fitness (NCSF): 10 CEUs per program
- The National Federation of Professional Trainers (NFPT): 1 CEC per program, equivalent to an entire six-month CEC requirement

OBJECTIVES

By completing the Advanced Certificate in Personal Fitness Training, you'll:

- Prepare to work as a personal trainer in the health and fitness industry
- Learn to network and partner with registered dieticians to develop healthy eating plans for your clients
- Design resistance training programs
- 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 regarding 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

- *Manual of Structural Kinesiology*
- *Exercise Physiology: Theory and Application to Fitness and Performance*
- *ACSM's Guidelines for Exercise Testing and Prescription, Seventh Edition*
- *Anatomy for Strength and Fitness Training: An Illustrated Guide to Muscles in Action*
- *Contemporary Nutrition*
- *Total Body Functional Profile*
- *EFS Exercise Clipart CD*
- *ACE Student Bundle Package*

The items below are recommended but not required. They will not be provided as part of this course; however, they are available for purchase at bookstores.

Recommended/Optional Texts:

- *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*

Recommended/Optional Fitness Equipment:

- Posture and Body Alignment Grid
- Slim Guide Calipers

- Blood Pressure Cuff and Stethoscope
- Goniometer
- Spring-loaded Tape Measure
- Theraband Stability Ball
- Challenge Pro Tubing (four different resistance levels)
- Stretch-Out Strap
- Foam Rollers
- Medicine Ball
- Balance Disc Cushion

OUTLINE

1. **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 Exercise Placed on Joint Structures During Exercise Movements

2. **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

3. **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

4. **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

5. **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

6. **Nutritional Analysis and Management**
    a. Vitamins, Minerals, Proteins, Carbohydrates, Fats, and Supplements
    b. Partner With Registered Dieticians to Develop Healthy Eating Plans for Your Clients
    c. Learn the Effects of Nutrition on the Exerciser and Non-exerciser
    d. Foster Healthful Eating Habits by Identifying and Implementing Beneficial Practices

7. **The Science and Biomechanics of Resistance and Weight Training Techniques**
    a. A Systematic Approach to Developing Resistance and Weight Training Programs for all Age Groups
    b. Understand Training Volume, Sets, Repetitions, Load, Frequency, and Rest Periods
    c. Key Biomechanical and Scientific Principles
    d. Design Resistance Training Programs and Implement Biomechanical Elements Into Creating Safe, Effective, and Efficient Exercise Movements

8. **Functional Flexibility, Core, and Balance Training**
    a. Principles and Techniques for Flexibility, Core, and Balance Training
    b. Understanding and Implementing Functional Training and Stabilization Movements Into a Comprehensive Exercise Program
    c. The Structures of the Core Complex and Secondary Muscular Structures
    d. The Roles of Muscles During Balance and Flexibility Training

9. **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

It is recommended that you take this program on a PC (Windows XP/Vista/7). You will need to have an Internet connection (high-speed recommended) and an active email account. Adobe Flash Player and Adobe Acrobat Reader are also required for this program.

Hardware Requirements:

- 200 MB free hard-disk space
- 64 MB RAM
- CD-ROM/DVD capabilities

INSTRUCTOR BIOS

Ken Baldwin, Ph.d., 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.

Melissa Halas-Liang, RD, MA, CDE is a registered dietitian, with a Master's in nutrition education and a certification in nutrition support. In addition to working as a clinical dietitian, she assists in clinical trials, has taught group diabetes classes, and has counseled patients on weight loss. She has spoken on a wide range of topics in the community, from diet and fitness to high school sports nutrition. She has spoken at the Woman's Health Symposium on Fad Diets and on Weight Management and Disease Prevention. Melissa has published articles in periodicals on healthy eating and edited textbook nutrition sections. She developed curriculums for medical residents and lectured to health care professionals for continuing education credits on a variety of topics. Melissa's enthusiasm for healthy eating is contagious, and her outgoing and interactive approach to learning motivates her audience to commit to new lifestyles.