



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Office of Professional & Continuing Education
301 OD Smith Hall | Auburn, AL 36849
<http://www.auburn.edu/mycaa>
Contact: Shavon Williams | 334-844-5100
Last revised July 6, 2015

Auburn University is an equal opportunity educational institution/employer.
No refunds can be issued after the start date published in your Financial Award document.

Education & Training Plan

Personal Fitness Trainer Specialist Certificate Program

Student Name: _____

Start & End Dates: ____/____/____ to ____/____/____

Program includes National Certification

Mentor Supported

MyCAA Information

Course Code: AU - PFTS3
Program Duration: 9 Months
Course Contact Hours: 540
Student Tuition: \$3,999

This training program combines a two course training track:

- **Personal Fitness Trainer - Level 1**
- **Personal Fitness Trainer - Level 2**

This Program elaborates on all major aspects of preventative rehabilitation and fitness programs. We provide students with the information necessary to address the knowledge, skills, and abilities (KSA) set forth by ACSM. The contributions of experts in the field are featured, showcasing their expertise in physiology, kinesiology, fitness, cardiology, pulmonary medicine, and epidemiology. The content of this course comprises both theoretical and practical physiological concepts, with related examples of exercise testing, training, and programming.

The Job Outlook

Employment of fitness trainers and instructors is expected to grow by 24 percent from 2010 to 2020, faster than the average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs is expected to increase the need for fitness trainers and instructors. Some businesses may even decide to open their own onsite facility to decrease the need for their employees to travel for exercise.

Certification:

Upon successful completion of our Personal Fitness Trainer Level 1 and 2 courses, students will be prepared for an entry-level position as a Personal Fitness Trainer in a health & fitness setting and will be prepared to sit for the ACSM national certification exam to become a **Certified Personal Trainer (CPT)**. The cost of this course includes the cost for taking the ACSM National Certification one time.

Personal Fitness Trainer – Level 1

270 Hours

Overview

Personal Fitness Trainer – Level 1 contains essential information for students interested in a career as a personal trainer. This course provides an introduction to the profession along with coverage of exercise physiology, biomechanics, anatomy, motor learning, and nutrition. In this Personal Fitness Trainer – Level 1 course you will learn how to establish goals for clients and assess strength, flexibility, and risk as well as develop resistance, cardiorespiratory and flexibility training programs. Learn to be a Personal Trainer and change people's lives!

After completing this course, you should be able to:

- Identify current trends in the field of personal training
- Recall biomechanics and nutritional needs for fitness
- Define coaching and behavior modification theory
- Identify the steps for an initial client screening and exercise program development
- Recognize the principles for starting your own business and how to address legal issues

Outline

Personal Fitness Trainer Module 1

Introduction to the Field and Profession of Personal Training

- The Current State of the Fitness Industry
- Professional Career Environments
- Core Body of Knowledge
- Options for Personal Trainers
- Future Trends in the Fitness Industry
- Code of Ethics for ACSM Professionals
- Career Track for Professional Personal Trainers
- Becoming a Personal Trainer
- Areas of Specialization
- Establishing a Client Base

Personal Fitness Trainer Module 2

Anatomy, Kinesiology and Biomechanical Principles

- Body Position
- Joint Movement
- Musculoskeletal Anatomy
- Joint Anatomy

- Mechanical Laws of Motion
- Vector Quantities
- Power for Rotational Movements
- Muscular Anatomy and Force
- Biometrics of Selected Physical Activities

Personal Fitness Trainer Module 3

Exercise Physiology and Nutrition

- Systems of the Body
- Acute Responses
- Energy Systems
- Oxygen Requirement
- Nutritional Concepts
- Vitamins and Minerals
- Hydration
- Special Food Conditions
- Understanding a Food Label

Personal Fitness Trainer Module 4

Behavior Change and Client Focus

- Challenges of Behavior Changes
- Transtheoretical Model (TTM)
- Health Belief Model
- Theory of Planned Behavior
- Social Cognitive Theory
- Goal Setting Theory
- Helping Clients Stay Active
- Self-Efficacy
- Motivation
- Increase Adherence

Personal Fitness Trainer Module 5

Coaching and Initial Client Consultation

- Active Listening
- Developing Rapport
- The 5 As Model of Behavior Change Counseling
- Methods of Communication
- Successful Client Relations
- Relationship Marketing
- Power of Nonverbal Communication
- Generating Clients
- Components of the Consultation
- Client Communication

Personal Fitness Trainer Module 6
Screening and Fitness Assessments

- The Screening Process
- Risk Categories
- Exercise Testing
- Medical Clearance and Referral
- Sequence of Assessments
- Heart Rate
- Blood Pressure
- Body Composition
- CRF Assessment
- Muscular Strength Assessment

Personal Fitness Trainer Module 7
Program Design and Resistance Training Programs

- Physiological Benefits of an Exercise Program
- Muscular Fitness
- Intensity, Time, and Duration
- Flexibility
- Anatomy of an Exercise Session
- General Resistance Training Principles
- Program Design Process
- Resistance Training Modalities
- Needs Analysis
- Resistance Exercises

Personal Fitness Trainer Module 8
Cardiorespiratory and Flexibility Programs

- General Training Principles
- Cardiovascular Endurance
- Benefits and Risk of Flexibility Training
- Evaluating Flexibility
- Three Types of Stretching
- Static and Dynamic
- Rationale for Flexibility Training
- Flexibility Development Program

Personal Fitness Trainer Module 9
Session Components and Special Populations

- Optimal Client Care
- Appropriate Sequencing
- Client Education

- Client Motivation
- Training Status
- Programming for Children
- Programming for Older Adults
- Clients with Health Concerns

Personal Fitness Trainer Module 10 Business Planning Basics and Legal Issues

- Fitness Management
- Budget and Administration
- Sales and Pricing
- Professional Standards
- Legal Responsibilities
- Liability
- Risk Management Program
- Business Plan
- Informed Consent

Materials:

All materials are included in this course.

System Requirements:

Internet Connection

- Broadband or High-Speed - DSL, Cable, and Wireless Connections

*Dial-Up internet connections will result in a diminished online experience. Classroom pages may load slowly and viewing large audio and video files may not be possible.

Hardware Requirements

- Processor - 2GHz Processor or Higher
- Memory - 1 GB RAM Minimum Recommended

*While our courses are accessible through multiple mobile learning platforms, some courses may include a CD or DVD with the Textbook, so you may need access to a computer with CD-ROM or DVD Drive.

PC Software Requirements

- Operating Systems - Windows Vista, Windows 7, Windows 8 or 8.1
- Microsoft Office 2007, 2010 or 2013 or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers - Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)

- Adobe PDF Reader
- QuickTime, Windows Media Player &/or Real Player

MAC Software Requirements

- Operating Systems - Mac OS x 10 or higher with Windows
- Mac office programs or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers- Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- Apple QuickTime Media Player
- If your course has a CD-ROM or DVD included, you may need to have Microsoft Window Operating Systems over Bootcamp (Bootcamp is a free download from Apple's website) or Windows setup with Parallels.

****Outlines are subject to change, as courses and materials are updated.****

Personal Fitness Trainer Level 2

270 Hours

Overview

Personal Fitness Trainer - Level 2 prepares you to take the ACSM's certification exam. This course elaborates on all major aspects of preventative rehabilitation and fitness programs. We provide students with the information necessary to address the knowledge, skills, and abilities (KSA) set forth by ACSM. The contributions of experts in the field are featured, showcasing their expertise in physiology, kinesiology, fitness, cardiology, pulmonary medicine, and epidemiology. The content of this course comprises both theoretical and practical physiological concepts, with related examples of exercise testing, training, and programming.

After completing this course, you should be able to:

- Recognize the principles of physiology, nutrition and body composition
- Identify the steps to perform a health screening and fitness assessment tests and procedures
- Recall the basics of exercise prescription for chronic diseases, such as pulmonary or cardiorespiratory disease
- Identify the benefits and risks of regular exercise and maintaining a healthy weight
- Recite factors to consider when forming an exercise prescription for patients and population

Prerequisite: Personal Fitness Trainer - Level 1

Outline

Personal Fitness Trainer Module 1 Anatomy and Exercise Physiology

- Functions of Body Systems
- Structure and Function of Joints
- Biomechanics
- Forces in Human Movement
- Exercise Metabolism
- Metabolic Response to Exercise
- Nutrition Basics
- Major Nutrients
- Recommended Intake
- Vitamins and Minerals

Personal Fitness Trainer Module 2 Lifespan and Pathophysiology

- The Impact of Aging
- Aging and Body Systems
- Deconditioning
- Effects of Cardiovascular Disease
- Treatment of Pulmonary Disease
- Prevention of Metabolic Disease
- Risk Factors for Diseases
- Role of Exercise and Activity for Disease Treatment

Personal Fitness Trainer Module 3 Psychopathology, Screening and Activity Status

- Mental Illness
- Recognizing Symptoms
- Legal Considerations for Exercise Programming
- Legal Terminology and Concepts
- Preparticipation Health Screening
- Risk Assessment
- Medical Complications
- Chronic Diseases
- Health Outcomes

Personal Fitness Trainer Module 4 Nutritional Status and Chronic Diseases

- Assessment of Physical Activity
- Diseases and Diets
- Obesity and Weight Loss
- Dietary Assessment

- Dietary Intake
- Psychosocial Status
- Illnesses
- Behavior Intervention
- Exercise Therapy

Personal Fitness Trainer Module 5
Body Composition, Program Safety and Exercise Testing

- Stress and Anxiety
- Health Psychology
- Clinical Applications
- Body Composition Models
- Exercise Program Safety
- Emergency Procedures
- Pre-Exercise Evaluations
- Client Preparation
- Testing Equipment

Personal Fitness Trainer Module 6
Fitness and Diagnostic Procedures

- Assessments for Cardiorespiratory
- Reasons for Health-Related Fitness Assessments
- Resting Measurements
- Principles of Muscular Fitness
- Range of Motion
- Clinical Exercise Testing Procedures
- Procedures for Cardiovascular Disease
- Physical Examination
- Imaging Methods

Personal Fitness Trainer Module 7
Pulmonary Diseases, Metabolic Disease and Special Populations

- Obstructive Airway Diseases
- Respiratory Exercise Limitations
- Metabolic Syndrome
- Routine Exercise Testing
- Occupational Assessment
- Clinical Assessment
- Rehabilitation
- Environmental Conditions
- Pregnancy and Children
- Elderly

Personal Fitness Trainer Module 8
Cardiorespiratory and Musculoskeletal Prescription

- Electrocardiography
- The Conduction System
- Designing an Exercise Prescription
- Developing Cardiorespiratory Fitness
- History of Resistance Training
- Needs Analysis
- Chronic Programming
- Cardiorespiratory Fitness
- Physiologic Adaptations to Cardiorespiratory Training
- Exercise Training

Personal Fitness Trainer Module 9
Group Exercise and Weight Management

- Adaptions to Resistance Training
- Health and Fitness Adaptations
- Trends in Group Exercise
- Instructor Responsibilities
- Establishing a Healthy Weight Goal
- Weight Loss Methods
- Proper Weight Loss
- Exercise Prescription for Special Populations

Personal Fitness Trainer Module 10
Exercise Prescription Part 1

- Medical Considerations
- Injury Risk Factors
- Environmental Considerations
- Disease-Specific Effects
- Cardiac Rehabilitation
- Exercise Prescription for Pulmonary Disease
- Exercise Prescription for Patients with Diabetes
- Epidemiology of Diabetes Mellitus
- Management of Diabetes

Personal Fitness Trainer Module 11
Exercise Prescription Part 2

- Prescription for Comorbidities
- Prescription for Chronic Diseases
- Medical Management
- Prescription for Osteoporosis
- Bone Structure
- Clinical Management
- Prescription for Arthritis

- Types of Arthritis
- Physical Activity Behavior Change

Personal Fitness Trainer Module 12

Behavior Change

- Practical Skills for Behavior Change
- Setting Goals
- Shaping Behaviors
- Counseling Physical Activity
- Methods for Delivering Activity Programs
- Health Communications
- Social Movements
- Physical Activity in Community
- Facilitating Community Change
- Evaluating Community Interventions

Personal Fitness Trainer Module 13

Benefits, Risks and Assessments

- Physical Activity and Fitness Terminology
- Benefits of Regular Exercise
- Exercise Risks
- Preparticipation Health Screening
- Initiating Physical Activity
- Preexercise Evaluation
- Medical History
- Physical Fitness Testing and Interpretation
- Body Composition
- Muscular Strength and Endurance

Personal Fitness Trainer Module 14

Clinical Exercise Testing and Principles of Exercise Prescription

- Measurements During Exercise Testing
- Imaging Modalities
- Exercise Testing as a Screening Tool
- Diagnostic Value of Exercise Testing
- Considerations for Exercise Prescription
- Components of the Exercise Training Session
- Muscular Fitness
- Flexibility Exercise
- Special Populations
- Environmental Considerations

Personal Fitness Trainer Module 15
Exercise Prescription for Patients, Populations and Behavioral Theories

- Cardiovascular and Cerebrovascular Disease
- Chronic Diseases
- Health Conditions
- Special Considerations
- Strategies to Promote Exercise
- Theoretical Foundations
- Behavior/Increase Adherence
- Special Populations

Materials:

All materials are included in this course.

Certifications:

Upon successful completion of our Personal Fitness Trainer Level 1 and Level 2 courses, students will be prepared to sit for the ACSM national certification exam to become a Certified Personal Trainer (CPT).

System Requirements:

Internet Connection

- Broadband or High-Speed - DSL, Cable, and Wireless Connections

*Dial-Up internet connections will result in a diminished online experience. Classroom pages may load slowly and viewing large audio and video files may not be possible.

Hardware Requirements

- Processor - 2GHz Processor or Higher
- Memory - 1 GB RAM Minimum Recommended

*While our courses are accessible through multiple mobile learning platforms, some courses may include a CD or DVD with the Textbook, so you may need access to a computer with CD-ROM or DVD Drive.

PC Software Requirements

- Operating Systems - Windows Vista, Windows 7, Windows 8 or 8.1
- Microsoft Office 2007, 2010 or 2013 or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers - Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)

- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- QuickTime, Windows Media Player &/or Real Player

MAC Software Requirements

- Operating Systems - Mac OS x 10 or higher with Windows
- Mac office programs or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers- Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- Apple QuickTime Media Player
- If your course has a CD-ROM or DVD included, you may need to have Microsoft Window Operating Systems over Bootcamp (Bootcamp is a free download from Apple's website) or Windows setup with Parallels.

****Outlines are subject to change, as courses and materials are updated.****