



## **PERSONAL FITNESS TRAINER HOME STUDY PROGRAM**

Personal Training is today the fastest growing profession in the health and fitness field.

Getting certified is a voluntary professional commitment to an industry or field of knowledge, and so is a clear indicator of your willingness to invest in your own professional development.

Our Specialized Vocational Course teaches you all the practical day-to-day skills necessary, as well as the theoretical knowledge needed to be a successful personal trainer. After completing our program you'll be equipped with everything you need to turn your passion into a rewarding and exciting career. The program is designed to meet the needs of aspiring and experienced fitness professionals working one-on-one with exercise clients.

The **FIT** Personal Fitness Trainer Home Study Program offers students the option of studying at their own convenience. At the same time students benefit from the personal assistance of our **FIT Experts** enabling them to ask questions and to clear doubts. The program includes 10 Practical Hours.

It is becoming increasingly important that the fitness industry establishes and maintains standards of quality assurance and safety. **FIT** is dedicated to providing our instructors with a complete education. The Course develops the academic, technical as well as the vocational skills of the Student. Our program is continually updated to stay in sync with the constant developments in Fitness Science. We strive to provide the best possible program to meet client needs and goals.

### **FACT FILE**

- Certified Personal Trainers can achieve greater earning potential
- Certified Fitness Trainers and Fitness Instructors may often times earn more than non-certified personal trainers, fitness instructors, physiotherapists and sport coaches.
- The FIT course is the only recognized course of its kind in Goa.

## **TOPICS COVERED**

- CHAPTER 1  
Basic Human Anatomy
- CHAPTER 2  
The Cell
- CHAPTER 3  
Skeletal Muscle Structure and Function
- CHAPTER 4  
Anatomical Terms and Biomechanics
- CHAPTER 5  
Cardiac and Smooth Muscle Structure and Function
- CHAPTER 6  
Diet and Metabolism of Nutrients
- CHAPTER 7  
Protein Requirements and Energy Production
- CHAPTER 8  
Eating Before Activity and the Cardiovascular Response
- CHAPTER 9  
Brain Function, Carbohydrates, and Aging
- CHAPTER 10  
The General Fitness Routine
- CHAPTER 11  
Flexibility, Stability, and Core Strength
- CHAPTER 12  
Cross Training and Enhancing Sports Skills
- CHAPTER 13  
The Physiology of Aerobic and Low Level Activity
- CHAPTER 14  
Fundamental and Advanced Resistance Exercise Principles
- CHAPTER 15  
Antagonistic Multi-Set Training Principle
- CHAPTER 16  
The Beginner
- CHAPTER 17  
Administering Resistance Exercises and Warm Ups
- CHAPTER 18  
Post-Workout Considerations
- CHAPTER 19  
Client Trouble Shooting
- CHAPTER 20  
Program Design Using NFPT Charts and Tables
- CHAPTER 21  
Client Screening Questionnaire
- CHAPTER 22  
Client Programming, Stretches, Exercises
- CHAPTER 23  
The Mind Body Connection
- CHAPTER 24  
Physiological Effects of Steroids
- CHAPTER 25  
Water- The Most Essential Nutrient
- CHAPTER 26  
Special Populations
- CHAPTER 27  
Injury Prevention and Management
- CHAPTER 28  
Emergency Medical System
- CHAPTER 29  
Legal Considerations
- CHAPTER 30  
Marketing Personal Fitness Trainer Services
- BIBLIOGRAPHY
- GLOSSARY
- NFPT  
Consultation Guidelines  
Charts and Tables  
Food List  
Professional Documents  
Policies and Procedures
- INDEX

## **COURSE REQUIREMENTS:**

- Minimum qualification for admission will be higher secondary (12<sup>th</sup> Std.) or equivalent courses.
- You must hold current adult CPR (cardiopulmonary resuscitation) certification at the time of the exam. You may sit for the exam without proof of CPR; however, you will not receive your exam results until you provide current CPR certification proof.

## **PROGRAM FEES:**

The Fee for the 8- Week Personal Trainer Home Study Course is Rs.12,000/- (Incl. 10.3% Service Tax). Including:

- All reference study material
- 10 Practical hours
- Examination fees
- Certificate & ID card Fees
- Free Consultation of FIT Professionals (on appointment)

## **PROGRAM DURATION:**

8 weeks

## **STUDY MATERIAL:**

The Reference Material includes the Personal Fitness Trainer Manual and Certified Personal Trainer (CPT) Manual Study Guide.

**Personal Fitness Trainer Manual: The Fundamentals for the Certified Personal Trainer** (5th Edition). This manual offers comprehensive instructions for offering safe and effective fitness training services and complete consultation guidelines. The Study and Reference Manual provides fundamental education and business tools needed to be a successful personal trainer.

**Certified Personal Trainer (CPT) Manual Study Guide.** This guide allows you to prepare independently for a complete understanding of the Personal Fitness Trainer Manual. A suggested 8-week schedule is given, but moving at your own pace is encouraged. The guide includes worksheets, detailed chapter summaries, program design scenarios, assessment forms and guidelines, practice questions, and more.

## **EXAM INFORMATION:**

The Personal Trainer Certification exam consists of three sections:

### **1. Case Studies**

*Written Simulation Test with two client scenarios: 100 marks*

Tests a candidate's ability in utilizing knowledge acquired during the course using two real life simulations. Case studies are handed out 1 week prior to the written exam date and candidates are to submit the case studies on the day of the written exam.

### **2. 2-Hour Written Test**

*125- question multiple-choice Exam: 500 marks*

Tests the candidate's theoretical knowledge in the field of fitness testing, instruction and education. Duration: 2 Hours

### 3. Practical Test

*Practical Test: 100 marks*

Tests the candidate's physical skills in client fitness assessment, exercise description, exercise demonstration and target muscle identification. The candidate's communication abilities will also be assessed. Duration: 1 hour.

#### **HOW ARE POINTS SCORED:**

Candidates must achieve a combined score of 525 or more points out of possible 700 points to earn the Personal Trainer Certification. (75 % to pass)

#### **CERTIFICATE VALIDITY**

Validity of this certificate is 2 years after which the candidate will have to complete 2 CEU s – continuing education units every 2 years to keep their validity current. FIT Education Academy is offering CEUs. Alternately, CEUs can also be done independently over the Internet.

#### **NOTE:**

The following documents have to be submitted at the time of enrolment:

- Documentary proof of education
- 2 recent passport size photos
- Fully filled out enrolment form indicating candidate name as desired to appear on the certificate and ID card.
- Cheques may be drawn in favour of **Fitness Innovation Technologies Pvt. Ltd.**

FIT offers **scholarships** to promising candidates. Interested candidates may contact either Anil or Rainer f or details. Conditions apply.

#### **FOR FURTHER INFORMATION & CONTACT:**

##### **Fitness Innovation Technologies**

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**Office timings: Mon. to Fri. 9:00 am to 5:00pm**

