



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 will 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 Hours of Practical Sessions.

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.

Personal Fitness Trainer Home Study Program Syllabus

Our syllabus is based on the ACE (American Council on Exercise) Personal Trainer curriculum, one of the worlds most recognized fitness authorities. Following Topics are covered in the PFT Home Study Program.

Part I - Exercise Science

Exercise Physiology
Human Anatomy
Biomechanics and Applied Kinesiology
Nutrition

Part II - Screening and Evaluation

Health Screening
Testing and Evaluation

Part III - Principles and Methods of Training

Cardio-respiratory Fitness and Exercise
Muscular strength and Endurance
Strength Training Program Design
Flexibility

Part IV - Individualized Program Design

Programming for the Healthy Adult
Special Populations and Health Concerns

Part V - Leadership and Implementation

Principles of Adherence and Motivation
Communication and Teaching Techniques
Basics of Behaviour Change and Health Psychology

Part VI - Injury Prevention and First Aid

Musculoskeletal Injuries
Emergency Procedures

Part VII - Legal Issues

Legal Guidelines and Professional Responsibilities

Course Requirements:

- Minimum qualification for admission will be higher secondary (12th Standard) 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 12-Week Personal Trainer Home Study Course is Rs.16,845/ (Incl. Service Tax).

This includes:

- 10 Hours of Practicals
- Examination fees
- Certificate & ID card Fees
- Free Consultation of FIT Professionals (on appointment)

Course Reference Material consists of:

- Personal Trainer Manual
- Personal Trainer Home Study Course
- Flash Cards for each Chapter
- Audio study program
- Master The Manual- Workbook
- Sample Test

Program Duration:

12 weeks

Study Material:

The Reference Material includes a Personal Trainer Manual, Personal Trainer Home Study Guide, Master the Manual, Flash Cards, Audio Study Program, and a Personal Trainer Certification Sample Test.

- The **Personal Trainer Manual: The Resource for Fitness Professionals** (3rd Edition) was designed to prepare fitness professionals to work one-on-one or with small groups. Developed and written by 19 of the industry's top experts, the Personal Trainer Manual is an excellent

resource, covering everything from anatomy to training techniques. Special attention has been given to injury prevention, emergency techniques and legal issues confronting today's fitness professionals.

- 160-page **Personal Trainer Home Study Course** guide with review questions to help you assess your progress.
- **Master the Manual** – question and answer workbook based on the Personal Trainer Manual.
- **Flashcards** to help you review what you've learned in each chapter.
- **Audio Study Program.**
- The **Sample Test for the Personal Trainer Certification Exam** offers 60 multiple-choice questions and a written simulation representative of the actual Personal Trainer Certification Exam. The Sample Personal Trainer Certification Test mirrors the format, difficulty level and topic distribution of the real exam, allowing you to determine your level of preparedness.

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. 3-Hour Written Test

150-question multiple-choice Exam: 600 marks

Tests the candidate's theoretical knowledge in the field of fitness testing, instruction and education. Duration: 3 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:

The multiple-choice exam makes up 75% of a candidate's final score, the case studies making up 12.5% and the remaining 12.5% allotted to the practical

testing.

Candidates must achieve a combined score of 500 or more points out of possible 800 points to earn the Personal Trainer Certification. (62.5% 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 annually to keep their validity validity current.

FIT Education Academy will be offering CEUs. Alternately, CEUs can also be done independently over the Internet.

NOTES:

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 for details. Conditions apply.

For all further information and registration contact:

Fitness Innovation Technologies Pvt. Ltd.

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