

# Personal Trainer Certification Program

## Course Schedule

Session Number	Course Outline	Number of Hours
1-Lecture	Physical activity, health and health appraisals	2
1-Practical	Medical history and screening lesson and presentation	2
2-Lecture	Exercise physiology	2
2-Practical	Interview techniques and goal setting lesson and presentation	2
3-Lecture	Functional anatomy and biomechanics	2
3-Practical	Fitness testing protocols: lesson and presentation	2
4-Lecture	Fitness evaluation, assessment and nutrition	2
4-Practical	Fitness testing protocols: practice and role playing	2
5-Lecture	Exercise prescription: Cardiovascular, resistance and flexibility	2
5-Practical	Exercise prescription, equipment use: lesson and presentation	2
6-Lecture	Special populations: Youth, children, older adults and women	2
6-Practical	Exercise prescription and equipment use: practice and role playing	2
7-Lecture	Exercise leadership and behavior modification	2
7-Practical	Resistance training techniques, program design: lesson and presentation	2
8-Lecture	Injury prevention and treatment and program administration	2
8-Practical	Resistance training techniques, program design: practice and role playing	2
9-Written	Written Certification Exam	2
9-Practical	Practical Certification Exam	2
	Internship	30