

## Personal Fitness Trainer Certification

<p><b><u>Week 1</u></b>  <b>March 2-8, 2014</b></p> <p><b>Introduction to Anatomy, Kinesiology, &amp; Exercise Physiology</b></p>	<ul style="list-style-type: none"> <li>• Anatomical Movement Terminology</li> <li>• Basic Muscle Structure &amp; Function – Origin, Insertion, etc.</li> <li>• Energy Systems</li> <li>• Cardiovascular Training</li> <li>• Principles/Adaptations for Hypertrophy, Strength, Power &amp; Endurance</li> <li>• Practical Training – Gym Induction &amp; Calisthenics</li> </ul>	<p><b>March 2-8, 2014</b></p> <p><b>In-Person Lab 3/8 @ RWU Wellness Center in Bristol, RI</b></p>	<p><b>24-hour ONLINE access all week, with Saturday (3/8) Session 10:00a-2:00p</b></p>
<p><b><u>Week 2</u></b>  <b>March 9-15, 2014</b></p> <p><b>Client Consultation &amp; Assessment, Fitness Evaluation, Basic Nutrition Review, &amp; Goal Setting</b></p>	<ul style="list-style-type: none"> <li>• Organization &amp; administration</li> <li>• Informed consent, liability waiver, medical history, health appraisal</li> <li>• Practical Training</li> <li>• Fitness Evaluation</li> <li>• Evaluate and interpret the results of a health/fitness evaluation</li> <li>• Motivational/coaching techniques</li> <li>• Personal trainer's scope of practice regarding nutritional recommendations</li> <li>• Review of a client's dietary habits (e.g., recall, history, or food records)</li> <li>• Communicate basic information regarding nutritional aids, supplements and daily caloric needs</li> </ul>	<p><b>March 9-15, 2014</b></p> <p><b>In-Person Lab 3/15 @ RWU Wellness Center in Bristol, RI</b></p>	<p><b>24-hour ONLINE access all week, with Saturday (3/15) Session 10:00a-2:00p</b></p>
<p><b><u>Week 3</u></b>  <b>March 16-22, 2014</b></p> <p><b>Program Planning, Design, &amp; Exercise Techniques</b></p>	<ul style="list-style-type: none"> <li>• Determine needs &amp; goals</li> <li>• Discuss health-related lifestyle habits to determine needs &amp; goals</li> <li>• Selecting exercise modality, warm-up/cool down, order of exercises, intensity/workload, duration, frequency, rate of progression</li> <li>• Machines, free weights, flexibility techniques,</li> <li>• Functional training 7 body weight exercises (stability ball, medicine ball, elastic</li> </ul>	<p><b>March 16-22, 2014</b></p> <p><b>In-Person Lab 3/22 @ RWU Wellness Center in Bristol, RI</b></p>	<p><b>24-hour ONLINE access all week, with Saturday (3/22) Session 10:00a-2:00p</b></p>

	<p>tubing, balance, etc.)</p> <ul style="list-style-type: none"> <li>• Sport specific/Performance-related Activities (plyometrics, sprinting, agility drills, reaction, etc.)</li> <li>• Cardiovascular Machines (treadmill, stationary bike, rowing machine, stair-stepper, elliptical trainer, etc.)</li> <li>• Non-machine Cardiovascular Activities (running, walking, swimming, aerobic dancing, etc.)</li> </ul>		
<p><b><u>Class 4</u></b></p> <p><b>March 23- March 29, 2014</b></p> <p><b>Training Adaptations, Special Populations, Safety, Emergency Procedures, &amp; Legal Issues</b></p>	<ul style="list-style-type: none"> <li>• Understanding exercise-induced adaptations to muscle, tendons, ligaments, bone, cartilage, adipose tissue</li> <li>• Understanding exercise-induced changes to neuromuscular, cardiorespiratory, metabolic, &amp; endocrine, psychological systems</li> <li>• Older adults</li> <li>• Prenatal, postpartum, postmenopausal</li> <li>• Overweight/obese</li> <li>• Eating disorders</li> <li>• Orthopedic issues</li> <li>• Cardiovascular &amp; metabolic diseases (CVD, diabetes, etc.)</li> <li>• Safety Procedures</li> <li>• Professional, Legal and Ethical Responsibility</li> </ul>	<p><b>March 23- March 29, 2014</b></p> <p><b>In-Person Lab 3/29 @ RWU Wellness Center in Bristol, RI</b></p>	<p><b>24-hour ONLINE access all week, with Saturday (3/29) Session 10:00a-2:00p</b></p>