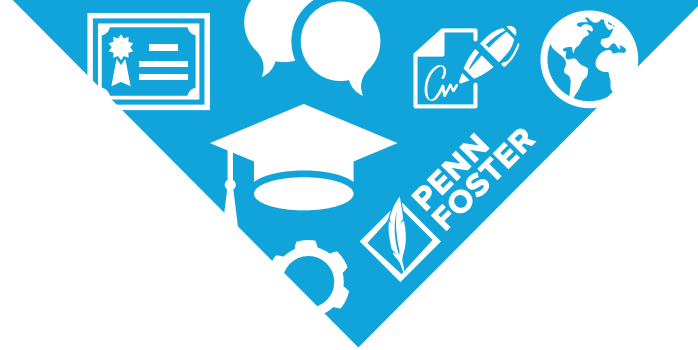


Certified Personal Trainer

PROGRAM OUTLINE



PROGRAM GOAL AND OUTCOMES

Program Goal

The goals of the Certified Personal Trainer program are to provide students with the skills necessary for a career as a personal trainer, and to prepare students to take the National Council on Strength and Fitness (NCSF) certification exam.

Program Outcomes	Lessons	Evidence of Learning
Understand how fitness affects physical and mental well-being and recognize opportunities in the fitness field	Introduction to Managing Personal Health	Multiple-choice lesson exams
Identify the formation of meaning in medical terms, recognize basic structures and major organs of the body	Medical and Exercise Science Terminology	Multiple-choice lesson exams
	Fitness Anatomy and Physiology	Multiple-choice lesson exams
Identify important anatomic structures and understand the application of mechanical physics to human movements	Functional Anatomy	Multiple-choice lesson exams
	Biomechanics	Multiple-choice lesson exams
Identify the structures, processes, and actions of muscle fibers and endocrine glands	Muscle Physiology	Multiple-choice lesson exams
	The Endocrine System	Multiple-choice lesson exams
Understand how metabolic processes provide energy and the cardiovascular system provides oxygen	Bioenergetics	Multiple-choice lesson exams
	Cardiovascular Physiology	Multiple-choice lesson exams
Know the nutrients that provide the body with energy and maintain health, and identify rational use of nutritional supplementation	Nutrition: Energy Yielding Nutrients	Multiple-choice lesson exams
	Nutrition: Non-Energy Yielding Nutrients	Multiple-choice lesson exams
	Nutritional Supplementation	Multiple-choice lesson exams
Identify measurement of body mass and calculation of target body weight, recognize healthy weight control measures, and know the links between health and fitness	Body Composition	Multiple-choice lesson exams
	Weight Management	Multiple-choice lesson exams
	Physical Fitness and Health	Multiple-choice lesson exams
Recognize the conditions that clear or prevent the start of an exercise program, and use field tests to accurately measure a client's fitness	Pre-Exercise Screening and Test Considerations	Multiple-choice lesson exams
	Assessment of Physical Fitness	Multiple-choice lesson exams

Identify productive design in the selection and utilization of activities and activity levels in exercise programs	Exercise Programming Components	Multiple-choice lesson exams
	Flexibility Assessment and Programming	Multiple-choice lesson exams
	Programming for Cardiovascular Fitness	Multiple-choice lesson exams
Understand the factors to be considered in the design of anaerobic, resistance, and functional training programs	Anaerobic Training	Multiple-choice lesson exams
	Resistance Training Techniques	Multiple-choice lesson exams
	Functional Training Concepts	Multiple-choice lesson exams
Identify the steps and stages that make up an exercise program, including a program to be utilized by someone with a health concern	Creating an Exercise Program	Multiple-choice lesson exams
	Working with Special Populations	Multiple-choice lesson exams
Conduct your career with professionalism and achieve nationally recognized certification as a personal fitness trainer	Ethics and Professional Behavior	Multiple-choice lesson exams
	NCSF Certification Exam	Offsite certification exam

PROGRAM STRUCTURE

Introduction to Personal Training

Lesson 1	Starting Your Program
Lesson 2	Introduction to Managing Personal Health

Terminology, Anatomy, and Physiology

Lesson 3	Medical Terminology/Exercise Science Terminology
Lesson 4	Fitness Anatomy and Physiology 1 and 2

Nutrition and Musculature

Lesson 5	Nutrition Basics/Developing Healthy Eating Habits
Lesson 6	Muscles in Motion/Posture, Balance, and Proper Alignment

Cardiorespiratory Fitness and Endurance

Lesson 7	Understanding the Heart and Lungs/Cardiorespiratory Fitness
Lesson 8	Principles of Muscular Strength and Endurance/Strengthening the Core

Strength and Flexibility Training

Lesson 9	Strengthening the Upper Body/Strengthening the Lower Body
Lesson 10	Flexibility Training/Preventing Injury/Stress Management Techniques

Personal Fitness Training in Action

Lesson 11	Personal Fitness Programs/Fitness Programs for the General Population
Lesson 12	Health Screening, Testing, and Evaluation/Preparing for Special Situations

Leadership, Legalities, and Ethics

Lesson 13	Leadership Skills/Legal and Ethical Issues
-----------	--

NCSF Certification

Lesson 14	NCSF Certification Exam
References	<i>Advanced Concepts of Personal Training</i> <i>Advanced Concepts of Personal Training Course Manual</i> <i>Advanced Concepts of Personal Training Lab Manual</i>

Note: You will not receive the NCSF home study package to prepare for your certification exam until you have paid for your program in full.

COURSE DESCRIPTIONS AND OBJECTIVES

Starting Your Program

Succeed by learning how to use your Penn Foster program.

By the end of this course, you'll be able to:

- Understand how to use your Student Portal.
- Access the Penn Foster Community and use it to find answers.
- Connect with Penn Foster on various social media sites.

Introduction to Managing Personal Health

Feel good, both physically and mentally, by managing your personal health.

By the end of this course, you'll be able to:

- Describe the basic components of a fitness plan.
- Identify and handle stress.
- Shop for and choose healthy foods.
- Set fitness goals and choose exercise plans that fit your lifestyle.
- Identify careers in the fitness and nutrition industry.

Medical Terminology

You need strong medical vocabulary skills to succeed in your career.

By the end of this course, you'll be able to:

- Break medical terms down to understand their meaning.
- Describe the rules of medical terminology.

Exercise Science Terminology

To conduct exercise classes, plan fitness programs, and become an effective personal trainer, you need to be comfortable using the language of the fitness industry.

By the end of this course, you'll be able to:

- Use exercise science terminology fluently.
- Understand how fitness training and exercise routines affect the body and specific muscles.

Fitness Anatomy and Physiology 1

This lesson is the first part of Fitness Anatomy and Physiology.

By the end of this course, you'll be able to:

- Describe the overall function of and major structures within the digestive, urinary, musculoskeletal, and nervous systems.

Fitness Anatomy and Physiology 2

This lesson is the second part of Fitness Anatomy and Physiology.

By the end of this course, you'll be able to:

- Describe the overall function of the endocrine, circulatory, and respiratory systems.

Nutrition Basics

Some nutritional needs are the same over a lifespan, others vary over time.

By the end of this course, you'll be able to:

- Describe nutritional needs for all ages.
- Identify nutrition for infants to ensure adequate physical and mental growth and development.
- Identify nutrition for seniors to maintain strong bones and physical and mental acuity.

Developing Healthy Eating Habits

Fitness professionals are expected to know enough about nutrition to recommend healthy recipes and menus.

By the end of this course, you'll be able to:

- Compose a list of healthy ingredients and recipes.
- Offer healthy-eating demos.

Muscles in Motion

Physiology—how systems function and act—and kinesiology—how mechanics and anatomy relate to movement—will be presented, providing you with fuller insight into motion and movement.

By the end of this course, you'll be able to:

- Describe how muscles, bones, joints, and other body structures unite to get you moving.

Posture, Balance, and Proper Alignment

Proper posture and balance are important to physical health.

By the end of this course, you'll be able to:

- Understand the importance of posture and balance and current theories on achieving correct posture and balance.
- Assess posture and identify exercises that will assist in attaining the best posture and balance possible.
- Describe how poor posture can lead to bodily pain, injury, and reduced quality of life.

Understanding the Heart and Lungs

Cardiorespiratory fitness can be measured by assessing the heart's ability to pump oxygen-rich blood throughout the body to the working muscles during exercise, as well as by the efficiency with which the muscles use oxygen to produce energy.

By the end of this course, you'll be able to:

- Describe cardiovascular and respiratory systems.
- Understand the cardiovascular benefits of exercise

Cardiorespiratory Fitness

Cardiorespiratory fitness is the ability to maintain high-endurance aerobic exercises, such as cycling, swimming, and running, for a prolonged period of time, without the early onset of performance-inhibiting fatigue.

By the end of this course, you'll be able to:

- List general principles of cardiorespiratory exercise.
- Describe the physical and psychological benefits of cardiorespiratory fitness.

Principles of Muscular Strength and Endurance

Strength training, also called weight training and resistance training, is an important tool for achieving a complete healthy body. Strength training isn't just for athletes; anyone who wants to build or tone muscle can use strength training to achieve a fitter body.

By the end of this course, you'll be able to:

- Describe the advantages of incorporating strength training into a fitness program.
- Be familiar with traditional strength-training workouts.
- Identify safety factors that need to be addressed with strength training.

Strengthening the Core

Strengthening the core can generate tremendous benefits and is the one area of the body that will always give you a great return on your fitness investment.

By the end of this course, you'll be able to:

- Describe the function and importance of the core.
- Get the core in great shape.

Strengthening the Upper Body

Often, the upper body is the first part of the body to show wear and tear from the stresses and strains of daily life. As posture deteriorates, the heart and lungs become physically strained.

By the end of this course, you'll be able to:

- Understand the importance of upper-body exercises for maintaining proper posture, aligning the spine, and maintaining joint positioning.
- Strengthen the neck, shoulders, arms, and torso.
- Describe how upper-body fitness contributes to the performance of daily activities and exercise programs.
- Achieve and maintain a fit upper body.

Strengthening the Lower Body

A powerful lower body is essential to a strong and balanced physical foundation.

By the end of this course, you'll be able to:

- Strengthen the thighs, lower back, lower abdominals, buttocks, and calves.

Flexibility Training

Everyone needs some flexibility to function in everyday life.

By the end of this course, you'll be able to:

- Understand the importance of flexibility.
- Describe how to stretch without injury.

Preventing Injury

Participation in any fitness activity presents some risk of injury. Fitness professionals should do everything possible to ensure that their clients are exercising safely.

By the end of this course, you'll be able to:

- Identify and prevent common fitness injuries.

Stress Management Techniques

This lesson teaches you how to apply stress-reducing techniques to tense situation.

By the end of this course, you'll be able to:

- Describe how stress affects people physically and mentally.
- Use techniques to handle stress.

Personal Fitness Programs

Exercise, healthy eating, and stress reduction must be practiced over a lifetime to maintain fitness.

By the end of this course, you'll be able to:

- Demonstrate strong personal commitment to fitness.
- Establish fitness goals for yourself and your clients.
- Design, monitor, and maintain fitness programs appropriate to clients' needs.

Fitness Programs for the General Population

Combine your knowledge of fitness, exercise, stress reduction, and good nutrition.

By the end of this course, you'll be able to:

- Describe fitness programs for the general population.

Health Screening, Testing, and Evaluation

Fitness professionals know how to design exercise routines so their clients not only look and feel better but actually achieve better overall health through improved mental and physical function.

By the end of this course, you'll be able to:

- Assess one's current health and fitness status.
- Identify the team members who may be involved in the assessment process.

Preparing for Special Situations

Everyone who can exercise should exercise.

By the end of this course, you'll be able to:

- Determine what exercises clients should do to maintain a maximum level of fitness throughout their lives.

Leadership Skills

You now know the nuts and bolts of designing fitness programs and interacting with your clients and students. This lesson is designed to help you become a fitness leader.

By the end of this course, you'll be able to:

- Motivate and inspire clients to exercise.

Legal and Ethical Issues

A number of legal and ethical issues apply to sports and the fitness industry.

By the end of this course, you'll be able to:

- Identify some of the issues, challenges, and legal and ethical responsibilities involved in being a fitness professional.

NCSF Certification Exam

The NCSF Board for Certification serves as the governing authority over the personal trainer certification program and sets regulatory standards.

By the end of this course, you'll be able to:

- Prepare for your Personal Trainer Certification Exam.
- Register for and take your Personal Trainer Certification Exam at an NCSF-approved test center.
- Start a new career by becoming an NCSF certified personal trainer.

Note: The titles of your learning materials may be different from those listed on your program outline. There is no need to call your instructor about these differences. While the titles of certain learning materials may differ, the educational content is the same. All learning materials are designed to give you the finest education in your field. If you need instructional assistance, however, be sure to call for help. We reserve the right to revise the program of study and the instructional materials and to substitute for the items of equipment offered.