

Personal Fitness Trainer Certification

<p><u>Week 1</u> August 31- Sept 6, 2014</p> <p>Introduction to Anatomy, Kinesiology, & Exercise Physiology</p>	<ul style="list-style-type: none"> • Anatomical Movement Terminology • Basic Muscle Structure & Function – Origin, Insertion, etc. • Energy Systems • Cardiovascular Training • Principles/Adaptations for Hypertrophy, Strength, Power & Endurance • Practical Training – Gym Induction & Calisthenics 	<p>August 31- Sept. 6, 2014</p> <p>In-Person Lab 9/6 @ RWU Wellness Center in Bristol, RI</p>	<p>24-hour ONLINE access all week, with Saturday (9/6) Session 10:00a-2:00p</p>
<p><u>Week 2</u> September 7-13, 2014</p> <p>Client Consultation & Assessment, Fitness Evaluation, Basic Nutrition Review, & Goal Setting</p>	<ul style="list-style-type: none"> • Organization & administration • Informed consent, liability waiver, medical history, health appraisal • Practical Training • Fitness Evaluation • Evaluate and interpret the results of a health/fitness evaluation • Motivational/coaching techniques • Personal trainer's scope of practice regarding nutritional recommendations • Review of a client's dietary habits (e.g., recall, history, or food records) • Communicate basic information regarding nutritional aids, supplements and daily caloric needs 	<p>Sept. 7-13, 2014</p> <p>In-Person Lab 9/13 @ RWU Wellness Center in Bristol, RI</p>	<p>24-hour ONLINE access all week, with Saturday (9/13) Session 10:00a-2:00p</p>
<p><u>Week 3</u> September 14-20 , 2014</p> <p>Program Planning, Design, & Exercise Techniques</p>	<ul style="list-style-type: none"> • Determine needs & goals • Discuss health-related lifestyle habits to determine needs & goals • Selecting exercise modality, warm-up/cool down, order of exercises, intensity/workload, duration, frequency, rate of progression • Machines, free weights, flexibility techniques, • Functional training 7 body weight exercises (stability ball, medicine ball, elastic 	<p>Sept. 14-20, 2014</p> <p>In-Person Lab 9/20 @ RWU Wellness Center in Bristol, RI</p>	<p>24-hour ONLINE access all week, with Saturday (9/20) Session 10:00a-2:00p</p>

	<ul style="list-style-type: none"> tubing, balance, etc.) • Sport specific/Performance-related Activities (plyometrics, sprinting, agility drills, reaction, etc.) • Cardiovascular Machines (treadmill, stationary bike, rowing machine, stair-stepper, elliptical trainer, etc.) • Non-machine Cardiovascular Activities (running, walking, swimming, aerobic dancing, etc.) 		
<u>Class 4</u> September 21-27, 2014 Training Adaptations, Special Populations, Safety, Emergency Procedures, & Legal Issues	<ul style="list-style-type: none"> • Understanding exercise-induced adaptations to muscle, tendons, ligaments, bone, cartilage, adipose tissue • Understanding exercise-induced changes to neuromuscular, cardiorespiratory, metabolic, & endocrine, psychological systems • Older adults • Prenatal, postpartum, postmenopausal • Overweight/obese • Eating disorders • Orthopedic issues • Cardiovascular & metabolic diseases (CVD, diabetes, etc.) • Safety Procedures • Professional, Legal and Ethical Responsibility 	Sept. 21-27, 2014 In-Person Lab 9/27 @ RWU Wellness Center in Bristol, RI	24-hour ONLINE access all week, with Saturday (9/27) Session 10:00a-2:00p