

In as little as four months—or take longer if you wish—you can be ready to start working as a Certified Personal Fitness Trainer & Nutritional Specialist. U.S. Career Institute's nationally accredited Fitness & Nutrition training provides you with the knowledge and skills needed to make fitness evaluations, give advice on nutritional supplements and help you determine your fitness needs, as well as the needs of others.

So get started today. Make your healthy lifestyle your career! Here's a preview of what you will learn.

INSTRUCTION PACK I

Lesson 1—Your Role in the Fitness Industry

In your first lesson you'll learn why certified personal fitness trainers and nutritional specialists are in such great demand, in addition to getting the scoop on employment and salary opportunities for this booming career.

Lesson 2—The Fitness-Wellness Connection

Fitness, nutrition, wellness and happiness are all interconnected. Lesson 2 illustrates the components of wellness and how the wear and tear of modern living affects our health.

Lesson 3—The Psychology of Wellness

Explore how lifestyle, expectations and state of mind affect wellness. Learn about behavior change and the principles of motivation. This lesson provides you with mental assessment tools to understand, motivate and help your clients.

Lesson 4—Exercise Physiology 101

Lesson 4 introduces you to the science of exercise—balancing muscle mass and flexibility, measuring fat mass and calculating heart rates. You'll learn about the cardiovascular system, the respiratory system, and how the two work together.

Lesson 5—Nutrition 101

Bon appetite! Lesson 5 gives you the skinny on fats, carbohydrates and protein. You'll learn about vitamins, minerals, amino acids, cholesterol, caffeine, water and more! Find out about the food pyramid, food allergies and how to calculate needed calories to maintain or lose weight.

Also Included in Pack I:

- Course Introduction • School Catalog
- Jump Rope • Aerobic Exercise Quick Reference Card
- Chart: Target Heart Rate • *You Can Do It!* CD

INSTRUCTION PACK II

Lesson 6—Fueling for Activity

Learn how to eat for life and eat for exercise. In Lesson 6, you'll learn how fats, carbohydrates and proteins affect muscle function and overall health. You'll learn about dietary supplements, steroids and weight control.

Lesson 7—The Energy Equation

In Lesson 7, you'll learn about oxygen delivery and extraction. You'll learn guidelines for cardiovascular activity, including intensity, type, frequency, duration, warm-ups and cool-downs, plus how the body produces energy.

Lesson 8—Anatomical Terms and Locations

Welcome to the human body! In this lesson, you'll begin learning about the pieces of the body puzzle.

Lesson 9—Muscle Anatomy and Physiology

Continue learning about human anatomy in this lesson. You'll learn about different types of muscles, how they work and



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how to exercise them. Cut through the myths surrounding resistance vs. repetitions and fast vs. slow twitch muscle fibers.

Lesson 10—Muscles in Action I

In Lesson 10, you'll put those muscles to work with isometric, isotonic, isokinetic, concentric and eccentric strength-training exercises. Find out how muscle fibers, connective tissues, tendons, ligaments and the nervous system all work together.

Also Included in Pack II:

- Supplement: *Professional Development I: Your Professional Image* • Supplement: *Communication Skills—The Key to Success* • Video: *Energy!*—Cardiovascular Equipment

INSTRUCTION PACK III

Lesson 11—Muscles in Action II

Learn about the biomechanics of resistance training. Study how the agonist, antagonist and synergist muscles work together. Discover how strength training promotes bone health, and learn about the importance of stretching in strength training.

Lesson 12—Tools of the Trade

Gear up! This lesson introduces you to all of the equipment at your fingertips: strength and cable machines, free weights, bands, tubes, fit balls, aerobic equipment, weight benches, and cutting-edge, personal fitness training computer software.

Lesson 13—Muscular Focus I: The Torso—Core Strength & Chest and Upper Back

Ready to move? You'll discover specific anatomy and physiology of the torso, chest and upper back, as well as the relationship of proper posture to exercise. You'll work on biomechanics and core strength exercises and stretches.

Lesson 14—Muscular Focus II: The Pelvis and Leg

In this lesson, you'll explore the anatomy and physiology of the pelvis and leg. You learn powerful exercises for training these parts of the body and methods for preventing injury.

Lesson 15—Flexibility Development

Can you touch your toes? Lesson 15 explores the world of flexibility. Learn the anatomical and physiological basis of stretching, how proper breathing and relaxation play a part in flexibility and how much stretching is enough.

Also Included in Pack III:

- Supplement: *Personal Training Guide*
- Supplement: *Professional Development II: Manage Time, Stress, and Money* • Flashcards: Anatomy
- Exercise Bands and Tubes • Video: *The Core & Chest and Upper Back—Strength Exercises* • Video: *The Pelvis and Leg—Strength Exercises* • Video: *Flexibility—Stretching*

INSTRUCTION PACK IV

Lesson 16—Injury Prevention

Lesson 16 shows you how to handle exercise contraindications, as well as prevent and treat common training injuries. Learn the common injury sites, their usual causes, and how to prevent them. This lesson helps you put safety first!

Lesson 17—Muscular Focus III: The Shoulder Girdle

Lesson 17 examines the anatomy of, the action for and the exercises for the shoulder girdle. Learn how to exercise the shoulder girdle and how to protect it from injury.

Lesson 18—Muscular Focus IV: The Arm

Lesson 18 teaches you about the muscles and bones in the arm—the elbow flexor and extensor muscles, the pronator and supinator muscles, plus wrist positioning and arm biomechanics for resistance training.

Lesson 19—Ethical and Legal Issues

In this lesson, you'll examine the trainer-client relationship. You'll learn about the difference between assessment and diagnosis, as well as a trainer's scope of practice. You'll also learn about certification options, contracts, liability and insurance.

Also Included in Pack IV:

- *American Red Cross Mini-Medic Guide* • Flashcards: *Anatomy* • *Exercise Loops* • Supplement: *Trends in Health and Fitness: Yoga, Pilates, and More!* • Supplement: *Professional Development Supplement—Part III: Career Advancement* • Supplement: *Working Out at Home*
- Video: *The Shoulder Girdle—Strength Exercises*
- Video: *The Arm—Strength Exercises*

INSTRUCTION PACK V

Lesson 20—Training for Weight Loss or Gain

Lesson 20 covers the physiology of gaining and losing weight. Discover nutritional and exercise strategies for fueling weight loss or muscle gain.

Lesson 21—The Initial Interview

Lesson 21 walks you through the initial interview with your client—from instructing on proper clothing to hygienic issues. See how to assess the client's health status and history and explore the client's goals. You'll also learn how to evaluate the client's body composition.

Lesson 22—Developing an Exercise Prescription

Put all of your knowledge to work in this lesson by tailoring exercise programs to individual clients. You'll learn how to balance workout intensity, duration, frequency and progression.

Lesson 23—Putting It All Together: Final Exam

Apply everything you've learned in this real-world, comprehensive final exam. Design a training program and offer nutritional guidance for a sample client.

Also Included in Pack V:

- Chart: *Perceived Exertion Index*
- Chart: *10-Second Heart Rate* • Supplement: *Ergonomics: Creating a Healthy Home and Work Environment*
- Supplement: *Career Starter Kit* • Exercise Ball



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