

Course Outline

Certified Personal Fitness Trainer & Nutritional Specialist

In as little as four months you can be ready to start making money as a Personal Fitness Trainer & Nutritional Specialist.

Your easy-to-understand lessons take you step by step from the basics of the Psychology of Wellness and Nutrition 101, through the advanced lessons of Anatomy, Injury Prevention and Training for Weight Loss or Gain. This outline gives you a preview of what you will learn.



UNIT 1

The Fitness Industry and You

Explore the demand for this career and learn about the employment and salary opportunities for this booming career.

The Fitness-Wellness Connection

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

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.

Exercise Physiology 101

Introduction 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.

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

- Personal Fitness Trainer and Nutrition Specialist Supplement

UNIT 2

Fueling for Activity

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

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.

Anatomical Terms and Locations

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

Musculoskeletal Anatomy and Physiology

Learn about different types of muscles, how they work and how to exercise them. Also the myths surrounding resistance vs. repetitions and fast vs. slow twitch muscle fibers.

Muscles in Action I

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

- Energy! Cardiovascular Exercises DVD

UNIT 3

Muscles in Action II

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

Tools of the Trade

Introduction 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.

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

Specific anatomy and physiology of the torso, chest and upper back. Examine the bones, joints and muscles of this region.

Muscular Focus II: The Pelvis and Leg

Anatomy and physiology of the pelvis and leg. Gain familiarity of the bones, joints and muscles of this part of the body.

Flexibility Development

Anatomical and physiological basis of stretching, how proper breathing and relaxation play a part in flexibility and how much stretching is enough.

Also Included

- Personal Training Supplement
- Strength Exercise: The Core, Pelvis, Leg and Flexibility DVD

UNIT 4

Injury Prevention

How to prevent and treat common training injuries. Common injury sites, their causes, and how to prevent them.

Muscular Focus III: The Shoulder Girdle

Anatomy of and the actions for the shoulder girdle. Examine the bones, joints and muscles of this region.

Muscular Focus IV: The Arm

Muscles and bones in the arm—elbow flexor and extensor muscles, the pronator and supinator muscles, plus wrist positioning and arm biomechanics for resistance training.

Ethical and Legal Issues

Examine the trainer-client relationship. Discuss ethics and boundaries, as well as confidentiality. Explore informed consent and the standards of professional conduct.

Also Included

- Working out at Home Supplement
- Trends in Fitness Supplement
- Strength Exercises: The Shoulder Girdle and Arm DVD
- Muscular Focus Flashcards

UNIT 5

Training for Weight Loss or Gain

The physiology of gaining and losing weight. Nutritional and exercise strategies for fueling weight loss or muscle gain. You'll also explore eating disorders and how to recognize the warning signs of such diseases.

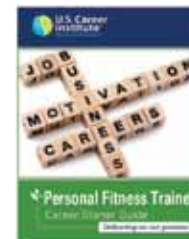
The Initial Interview

The initial interview with your client. Assess the client's health status and history, explore the client's goals, needs expectations and desires. Evaluate the client's body composition, muscle strength, muscular endurance and cardiorespiratory fitness.

Developing an Exercise Prescription

Put all of your knowledge to work by tailoring exercise programs to individual clients. Put together the best training methods and modes. Apply everything you've learned with a real-world, comprehensive final exam. Design a training program, and offer nutritional guidance for a sample client.

Career Starter Guide



A U.S. Career Institute exclusive! The Career Starter Guide will give you step-by-step guidance in getting your first job. You'll learn how to create the best résumé for yourself... how to write a letter of inquiry...how to perfect your interview skills and more.

Special Graduation Gift!

When you graduate from the Personal Fitness Trainer & Nutritional Specialist program and pay in full, you will be eligible to take your **Certification Exam**.

As a graduation gift, we'll send you the official NCSF exam study materials and we'll pay your NCSF exam fees, **a \$300 value!**



You can enroll right away through our secure website at <https://enroll.uscareerinstitute.edu> or you can call our toll-free EasySTART line at 1.800.528.7907, Monday through Friday, 9 a.m. to 9 p.m. and Saturday, 10 a.m. to 7 p.m. Eastern Standard Time.



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When you graduate, you'll be ready to enter the exciting world of fitness—with your up-to-date and in-demand career skills.

There is nothing more rewarding than working in a career where your efforts really help others. And as a trained Certified Personal Fitness Trainer & Nutritional Specialist, you get all the benefits of helping people and the opportunity to make good money. Plus you will have a secure career in the rapidly growing wellness field. **Start your training today!**