



American
SCHOOL of
TECHNOLOGY

Personal Fitness Trainer

Catalog Course Description

Effective 6/10/2011

Personal Fitness Trainer

Certificate Program

Educational Objectives:

The American School of Technology is utilizing program curriculum and materials developed by the National Academy of Sports Medicine (NASM). The program features high-quality, best-in-class educational resources and materials from various publishers coupled with the robust lesson-plan and assessment materials created by NASM fitness experts. The lesson plans, presented in both hourly and topical formats, provide a flexible structure that specifically develops critical fitness skills.

Students will benefit from the activities created by fitness experts that have occupational relevant themes. The program was developed and is updated on an annual basis by a team of educators, fitness experts and employers experienced in personal fitness training.

Program Outline:

Daytime Program: 360 Clock Hours; 12 Credit Hours; 20 Weeks

Course Outline

<i>Course Number</i>	<i>Course Name</i>	<i>Clock Hours</i>	<i>Credit Hours</i>
PFT100	Nutrition & Supplementation	60	2
PFT110	Professional Development	60	2
PFT120	Human Movement Assessment	60	2
PFT130	Current Concepts of Integrated Training	60	2
PFT140	Design of Fitness Programs	60	2
BA160	Entrepreneurship	60	2
		— 360	— 12

Please note that there will be outside work required for the Personal Fitness Trainer Program, as detailed on class syllabi.

***** This program is not eligible for Title IV funding at this time.***



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COURSE DESCRIPTIONS

- 1. Nutrition & Supplementation.** Students in this course will be exposed to the theories and principles of integrated training and the Optimum Performance Training model. Of particular focus will be the study of nutrition and the healthy composition of diet. This course will also explore the efficacy and practice of dietary supplementation as well as professional ethics and boundary-setting applied to the health and fitness industry.
- 2. Professional Development.** This course will explore professionalism and business ethics. It will provide information on current employment policies and practices will include an introduction to public speaking, give practical experience in preparing various employment documents, and offer instruction in effective interview dress and procedure. Students will also focus on various age-specific and chronic diseased populations and the psychological aspects of client-relations and provide a systematic approach to targeted goal setting. Additionally, training and Red Cross certification will occur in CPR and Defibulator use.
- 3. Human Movement Assessment.** Paramount to student success is the comprehension and application of a dynamic relationship between the articular system, muscular system and nervous system. Students in this class will explore a detailed look at anatomy, physiology, and kinesiology and will apply that gained knowledge to a variety of assessments intended to evaluate the existence and impact of human movement impairments.
- 4. Current Concepts of Integrated Training.** This course will provide in-depth study to the interdependent and intradependent relationship of the components to integrated training. Specifically, students will focus on theory and systematic, progressive application of flexibility training core training, balance training, and plyometric training.
- 5. Design of Fitness Programs.** Students in this course will study the practice of resistance training to enhance neuromuscular function and development and design goal-specific Optimum Performance Training fitness programs, stabilization programs, strength programs, power programs, and cardiorespiratory training programs. Additionally, this course provides in-depth study of the theories and progressive applications of linear speed, multi-directional agility, and quickness activities.
- 6. Entrepreneurship.** This course will introduce the student to the principles of entrepreneurship and business ethics as they examine all the major steps involved in starting a new business, including the marketing, financing, managing, and legal aspects. It will provide the student with the knowledge needed to realistically evaluate their potential as a business owner.