

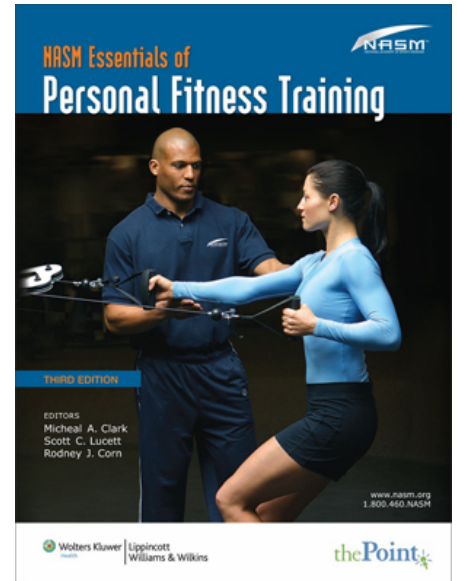


CERTIFIED PERSONAL TRAINER

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised programmes that guarantee results for their clients/members.

This will be achieved by...

-  *Understanding and implementing the NASM Optimum performance Training (OPT™) Model, its components and programme design variables associated exercises and techniques that promote maximal results*
-  *Increasing their ability to positively influence prospective customers through effective communication, create a clientele base and learn how to correlate service features with customer benefits.*



Course overview...

This course is recognised by the UK Register of Exercise Professionals and will give you entry at Level 3.

Many courses teach exercise science to the Personal Trainers of the future. We pride ourselves on not only teaching the science, but crucially the correct *application of the science*.



We place the client at the heart of everything we do by equipping you, their Personal Trainer with right tools to deliver *cutting edge exercise programmes* that your customers will want to try again and again. You will learn *postural assessment*, giving you the opportunity to provide individualised feedback to each of your clients. This professionalises your service and *builds your credibility* as fitness professional.

Sound assessment techniques can then lead to excellent programming. We believe that a good exercise programme starts with a good assessment. Personal Trainers with our assessment skills have the ability to write progressive, enjoyable exercise programmes that deliver results. Using the *Optimum Performance Training Model*, you will learn how to *accelerate any client towards any goal*.

With these skills, you will become a *solutions expert* with such integrity that your clients will always repeat buy sessions from you and your prospective clients cannot wait to get started. We look forward to supporting your future in the fitness Industry as your educational partner.






Entry Requirements...

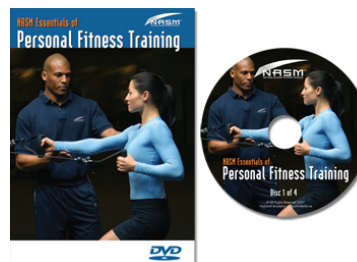
-  The Course is designed for Instructors, Advanced Instructors, Personal Trainers and Group Exercise Instructors
-  A minimum of a UK Register of Exercise Professionals Level 2 Qualification/Award must be achieved before applying for this course (see www.exerciseregister.org to check the level of the courses/s you have already done).



Course Content...

The Scientific Rationale for Integrated Training	Cardio-respiratory Training Concepts	Programme Concepts
Basic Exercise Science	Core Training Concepts	Special Populations
The Cardio-respiratory System	Balance Training Concepts	Nutrition
Human Movement Science	Reactive (Power) Training Concepts	Supplementation
Fitness Assessment	Speed, Agility and Quickness Training Concepts	Behaviour Modification
Flexibility Training Concepts	Resistance Training Concepts	Professional Development

Learning Tools...

-  **Interactive DVD-ROM** - This tool enables you to control your learning using the latest in audio-visual technology. The DVD enables you to play, pause, forward wind and rewind a seminar on each of the course modules. Alongside the seminar presentation there is a power point presentation to help highlight the key points.
-  **Study Guide** - This tool enables you to do 2 key tasks. Firstly, it provides a detailed learning plan, outlining what you should study and when, allowing you to make it specific to you and the time you have available. Secondly, you can test your learning, by means of a series of quiz questions for each of the course modules.
-  **Support Tutor** - PTS provides you with an e-coach, an experienced tutor who can support your learning via e-mail communication.






-  **i-Pod Download** - This unique tool enables you to download the whole CPT course to your i-pod direct from the NASM website so you can learn almost anywhere!
-  **Comprehensive Course Text Book** - This tool consists of all 18 key sections/modules of the CPT course. The text is supported by excellent graphics to ensure your learning opportunity is maximised.

Course Structure...

The course has a blended learning approach. It is made up of four modules, each module having a short online theory exam. You should complete the first two modules before attending the associated 2-Day Practical Workshop. Upon completion of the workshop, the remaining two modules, you can then attend the CPT Assessment day. Recommended study time is 12-weeks, 8 hrs study per week.

Course Assessment...

-  **Theory Exam** - 100 questions, 90mins, multi-choice & true false, 70% pass mark
-  **Case Study** (90mins) - You must produce x3 progressive programmes based on a given assessment and case study, along with an annual and monthly periodisation plan that is supported by a rationale statement for each.
-  **Practical Assessment** - 60min practical coaching, 30mins feedback and evaluation. You will be required to take an individual through one of the above programmes written as part of your case study.