



Curriculum

Course Objectives

By the end of this course, participants will gain a comprehensive understanding of fitness education, enabling them to design and implement effective training programs for diverse populations. Throughout the course, participants will develop proficiency in the following key areas:

- **Business Professionalism**
 - Demonstrate knowledge of professional conduct within the fitness industry.
- **Pre-Training Paperwork**
 - Create and analyze pre-training documents, including health history and informed consent forms.
 - Understand legal and ethical considerations in client documentation.
- **Physical Assessments**
 - Perform and interpret various fitness assessments to determine baseline fitness levels.
 - Apply assessment results to inform personalized training plans.
- **Human Anatomy**
 - Demonstrate a thorough understanding of human anatomy and its relevance to exercise physiology.
 - Identify major muscles, bones, and joints and their role in movement.
- **Human Movement**
 - Analyze and apply principles of biomechanics
- **Strength Training**
 - Design and implement evidence-based strength training programs.
 - Explain and apply principles such as overload and specificity
- **Speed Mechanics**
 - Analyze and improve speed mechanics through biomechanical principles.

- Develop speed training protocols for diverse fitness levels.
- Effective Program Design
 - Utilize scientific principles to design comprehensive and individualized training programs.
 - Adapt programs based on client goals, preferences, and progress.
- Performtech System Basics
 - Understand and apply the fundamentals of the Performtech System
- Nutrition and Weight Management
 - Discuss the role of nutrition in fitness and weight management.
 - Develop basic nutrition guidelines for clients based on individual needs.
- Principles of Training
 - Develop effective communication and client interaction skills.
- Injury Prevention and Management
 - Identify common fitness-related injuries and their prevention strategies.
 - Demonstrate basic first aid and injury management techniques.
- Training Special Populations
 - Develop specialized training programs for populations with unique needs (e.g., elderly, pregnant women, individuals with medical conditions).
 - Understand considerations for working with diverse client demographics.