

# 8 WEEK PERSONAL TRAINER PROGRAM



Online Instruction with a Flexible Practical Training Event  
**To register, log onto [NASM.org/Academic](http://NASM.org/Academic) or call 1.800.460.6276, opt 5.**

**Program Summary:** NASM's comprehensive curriculum is based on scientific research, fitness expert experience, and is directly aligned with critical occupational competencies - including those defined by the Bureau of Labor Statistics Occupational Outlook. The Program aligns scientific content areas, laboratory performance domains and occupational skills for students to get a blend of classroom and hands-on learning.

The NASM 8 Week Personal Trainer Program is supported by knowledge and skill assessments that help to measure student progress. This custom accelerated program features:

- High-quality educational resources
- Centrally located Instructor resources
- Student resource center
- Robust lesson-plan and assessment materials created by instructors and NASM fitness experts
- Occupationally-relevant activities created by instructors and fitness experts

Additionally, NASM provides lead generation, marketing support and other benefits when forming an educational partnership with us. In the end, our goal is to assure student and institutional success with our program and a future of gainful employment.

**Community Job Survey:** The median salary of a Personal Trainer is \$54,200 per year\*. Annual earnings of \$100,000 have been reported for the top 10% of trainers. Employment

of Fitness Workers is expected to increase 29 percent over the 2008-18 decade, which is much faster than the average of other occupations. These workers are expected to gain jobs because of an increasing number of people spending time and money on fitness and more businesses recognizing the benefits of health and fitness programs for their employees.

**Certification:** Upon successful completion of the NCCA-accredited credentialing exam graduates earn the distinction as a Certified Personal Trainer (CPT) from NASM. Certification is only the beginning. When you become an elite NASM-certified professional, you open the door to numerous career path opportunities.

**Schedule:** Program content is delivered online and can be complimented with weekly on-site, practical hands-on learning experiences.

ACCORDING TO THE US DEPT. OF LABOR  
THE DEMAND FOR FITNESS WORKERS IS  
**EXPECTED TO GROW 29%**  
BETWEEN 2008-2018.

\* [www.bls.gov/](http://www.bls.gov/)

# Personal Trainer

## Official Program Outline



**Goals and Purpose:** Prepare student for employment as a NASM Certified Personal Trainer who is qualified to work in a health club setting, as an independent fitness professional, or in other settings such as medical facilities or corporate wellness.

**Outcomes and Objectives:** Upon completion of this program the student will be able to complete the following:

- Describe the structure & function of the human movement system
- Perform, interpret, and record subjective, objective, movement-based, and postural assessments.
- Demonstrate safe and effective exercise techniques.
- Select and implement appropriate exercise modification based on client performance and desired physiologic adaptation.
- Implement cueing techniques to facilitate safe and effective exercise technique.
- Describe and apply program development fundamentals to design individualized training programs based on assessment results, client goals, client abilities, and environmental limitations.
- Describe special populations and considerations for exercise program design.
- Describe and apply program modifications based on training setting and client performance.
- Describe the Physical Activity Guidelines for Americans and the recommended dosage of daily activity for adults and children.
- Describe and apply basic nutritional concepts.
- Describe the known risks and benefits of nutritional supplements and ergogenic aids.
- Describe and apply widely-accepted nutritional guidelines for enhancing athletic performance and weight management.
- Describe and apply the elements of effective communication (verbal, non-verbal, listening, rapport-building).
- Describe and apply widely-accepted and published standards of professional conduct.
- Demonstrate appropriate leadership and apply proper procedures in an emergency situation including airway obstruction, cardiac care, and automated external defibrillator.
- Describe and implement goal setting strategies and procedures to enhance desired behavioral change, client motivation, and exercise program adherence.

### Instructional Strategies:

- Discussion
- Handouts
- Textbook
- Skill Demonstration
- Online Learning Activities
- Group & Individual Activities

### Methods of Evaluation:

- Quizzes
- Class discussion & participation
- Textbook activities
- Skills demonstrations
- Final exam

### Instructional Units / Hours:

| Topic   | Hours     |
|---|-----------|
| 1. Introduction and Resistance Training Concepts / Application of Resistance Training Methods | 10        |
| 2. Human Movement Assessments / Fitness Testing and Evaluation                                | 10        |
| 3. Flexibility, Cardiorespiratory and Core Training   | 10        |
| 4. Balance, Reactive and SAQ Training   | 10        |
| 5. Design of Fitness Programs / Program Design  | 10        |
| 6. Human Movement Science / Exercise Modalities and Technique                                 | 10        |
| 7. Special Populations, Nutrition and Professional Development                                | 10        |
| 8. Certification Exam Prep / Case Study Based Program Design                                  | 10        |
| <b>Total</b>  | <b>80</b> |

