



Personal Trainer Certification v4

COMING HERE APRIL 1-3, 2011

To Sign Up, Call 877-968-7263

AFAA is the world's largest fitness and TeleFitness® educator. Since 1983, AFAA has issued over 300,000 certifications to fitness professionals from more than 73 countries around the world. Each year, health clubs, Universities, military installations and studios host over 2500 educational workshops worldwide. AFAA provides comprehensive written and practical examinations that help to ensure you possess the skills and knowledge necessary for a rewarding career! AFAA is accredited by the Distance Education and Training Council (DETC) which is an organization recognized by the Council for Higher Education Accreditation (CHEA) and the US Department of Education, meeting IHRSA's 2005 recommendation on accreditation for fitness certification organizations. AFAA is also proud to be a member of the Institute for Credentialing Excellence (ICE), and has been granted affiliate status with the National Board of Fitness Examiners (NBFEE).

Workshop Fee: \$342.30(Normally \$489)

15 CEUs for AFAA certified professionals

COURSE OBJECTIVES:

Upon completion of AFAA's Personal Trainer Certification course, you will be able to:

- Design and implement an exercise program for specific client situations and goals (i.e. obesity, hypertension, muscle gain, sedentary, other), based on currently accepted industry protocols
- Assess and deliver appropriate response(s) for safety matters such as injury prevention, preexisting conditions, and emergency response
- Comprehend and integrate exercise science subject matter (i.e. physiology, nutrition, kinesiology, and more) at rest and during exercise
- Facilitate triage protocol within initial and ongoing assessments, health risk analysis, and liability concerns
- Define and describe program modifications for special populations (e.g. older adult, hypertension, diabetes, asthma, obesity, basic orthopedics, youth, pregnancy, and more).
- Communicate using verbal/non-verbal, open-ended vs. close-ended questioning, and cueing techniques to motivate individuals regarding exercise
- Incorporate professionalism in his/her practice by following the Code of Ethics and related legal guidelines

CURRICULUM COMPONENTS:

- Anatomy and kinesiology
- Fitness assessment testing procedures (3-minute step-test, sit-and-reach, push-up, abdominal crunch, and body composition screening with skin-fold caliper measurement)
- Nutrition fundamentals and weight management
- Special populations and medical considerations
- Listening, leadership, and motivational skills
- Exercise programming in the weight room
- Wellness programming and screening guidelines

RECOMMENDATIONS & REQUIREMENTS:

For the aspiring and experienced fitness professional working one-on-one with exercise Clients and seeking a personal trainer course and certification (also referred to a Personal Fitness Trainer Certification

- Early registration and pre-study is required
- Weightroom/weight training experience is strongly recommended

FEE & MATERIALS

The Personal Trainer Course and Certification workshop fee is \$342.30 (normally \$489). This fee includes

- Three-day Workshop
- Written and Practical Exams
- Personal Fitness Trainer Certification v3 Study Guide
- One-Year AFAA Membership (\$68 value) or membership extension to current members
- Subscription to *American Fitness Magazine*
- AFAA Personal Trainer Certification is awarded upon successful completion of both written and practical examinations and proof of current CPR certification)
- **15 CEUs for AFAA certified professionals**
- Fee does not include the recommended *Personal Training: Theory and Practice* textbook (\$69 plus shipping)

Prepare for the Written Exam

- Personal Fitness Training: Theory & Practical Textbook
- Practice Test for Personal Trainer Certification
- Personal Trainer Online Prep Course

Prepare for the Practical Exam

- Personal Trainer Assessment DVD
- Telexercise® Resistance Training Online Course

Related Materials

- Fitness Triage® Risk Assessment
- Osteoball® Training for Bone Health Home Study

For more information, please go to www.afaa.com

If you have a disability and require special accommodations at an AFAA workshop, please call 800-446-2322 x213 in advance

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