

**American Professional Education Institute Fitness Program**

SYLLABUS AND CURRICULUM

<b>Course Title</b>	<b>Certificate of Professional Fitness Training</b>
<b>Course Number</b>	<b>APEI-CFT 101</b>
Format	In-class / online
Total classes	12
Total hours per class	5
Total hours	57
<b>Course Description</b>	<p>Students will learn entry-level skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations.</p> <p>Students will be introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan, from warm up to cool down, including flexibility techniques, cardiorespiratory protocols, exercise selection, correct posture and main resistance exercise techniques for all body segments using different techniques. Students will also learn marketing strategies, client relations and professional ethics like scope of practice, responsibility and continuing education.</p>
<b>Learning Objectives</b>	<ol style="list-style-type: none"><li>1. Understand what makes up a positive client experience</li><li>2. Understand how to perform an initial fitness assessment</li><li>3. Understand and communicate the components of the human movement system and biomechanics terminology</li><li>4. Describe exercise metabolism</li><li>5. Explain in simple terms the skeletal, muscular and cardio-respiratory system</li><li>6. Understand and be able to communicate nutritional concepts like macro and micronutrients</li><li>7. Understand the cause and symptoms of chronic health conditions</li><li>8. Be able to understand the concept of and create integrated training programs</li></ol>

**Occupational  
Competencies**

- Demonstrate proficiency in the following performance domains:
  - Business/SalesMarketing
  - Scope of practice and ethical behavior
  - Knowledge of the human movement, cardio-respiratory systems
  - Client Physical Assessment
  - Exercise Program Design
  - Exercise Program Evolution
  - Strength, Functional and Corrective Exercise Techniques
  - Basic Nutrition Concepts

APEI CFT 101	Curriculum
<b>Class 1</b>	<ul style="list-style-type: none"> <li>● Orientation</li> <li>● Business and Sales</li> <li>● Marketing</li> <li>● Industry Legislation</li> <li>● Ethical Behavior and scope of practice</li> <li>● Customer Service Describe careers adjacent to the traditional personal trainer.</li> </ul>
<b>Class 2</b>	<ul style="list-style-type: none"> <li>● Physical activity</li> <li>● Lifestyle and Health</li> <li>● Introduction to Anatomy</li> <li>● Introduction to the skeletal system</li> </ul>
<b>Class 3</b>	<ul style="list-style-type: none"> <li>● Introduction to the human movement</li> <li>● Introduction to the muscular system</li> <li>● Anatomy of the muscular system</li> <li>● Physiology of the muscular system</li> </ul>
<b>Class 4</b>	<ul style="list-style-type: none"> <li>● Introduction to the cardiorespiratory system</li> <li>● Anatomy of the cardiorespiratory system</li> </ul>
<b>Class 5</b>	<ul style="list-style-type: none"> <li>● Biomechanics</li> <li>● Kinesiology</li> <li>● Stretching and Flexibility</li> </ul>
<b>Class 6</b>	<ul style="list-style-type: none"> <li>● Physical assessment</li> <li>● Integrated training</li> <li>● Exercise prescription</li> <li>● Program progression</li> </ul>
<b>Class 7</b>	<ul style="list-style-type: none"> <li>● Upper Body Exercise</li> <li>● Bodybuilding</li> <li>● Functional Training</li> <li>● Corrective Exercise</li> </ul>
<b>Class 8</b>	<ul style="list-style-type: none"> <li>● Core Exercise</li> <li>● Bodybuilding</li> <li>● Functional Training</li> <li>● Corrective Exercise</li> </ul>
<b>Class 9</b>	<ul style="list-style-type: none"> <li>● Lower Body Exercise</li> <li>● Bodybuilding</li> <li>● Functional Training</li> <li>● Corrective Exercise</li> </ul>
<b>Class 10</b>	<ul style="list-style-type: none"> <li>● Introduction to basic sports and exercise nutrition concepts</li> <li>● Behavior Changing</li> <li>● Introduction to Supplements</li> <li>● Chronic Health Conditions and Exercise</li> <li>● Exercise Prescription for Special Populations</li> </ul>
<b>Class 11</b>	<ul style="list-style-type: none"> <li>● Review</li> <li>● Practice exam</li>   <li>● Presentations</li> </ul>
<b>Class 12</b>	<ul style="list-style-type: none"> <li>● Final Exam</li> </ul>