

# AMERICAN PROFESSIONAL EDUCATION INSTITUTE FITNESS PROGRAM

## **CURRICULUM**

**Program Name:** Certified Fitness Training

**Program Number:** APEI - CFT 01

Format: Online

Total classes: 21

Total hours per class: 2h30

Mock test: 2 hours

Practical presentation: 30 min per student on individual scheduled time

Final exam: 2 hours

Total hours: 57h

### **Course Description:**

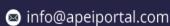
Students will learn entry-level skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations. Students will be introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan, such as flexibility techniques, cardiorespiratory protocols, with emphasis on exercise selection, correct posture and main training techniques for all body segments. Students will also learn marketing strategies, client relations and professional ethics like scope of practice, responsibility and continuing education.

#### **Learning Objectives:**

- 1. Understand what makes up a positive client experience.
- 2. Understand how to perform an initial fitness assessment.
- 3. Understand and communicate the components of the human movement system and biomechanics terminology.
- 4. Explain in simple terms the skeletal, muscular and cardiorespiratory systems.
- 5. Understand and be able to communicate nutritional concepts like macro and micronutrients
- 6. Understand the cause and symptoms of chronic health conditions;
- 7. Be able to understand the concept of and create integrated training programs.









# **Occupational Competencies**

Demonstrate proficiency in the following performance domains:

- Business, sales and marketing.
- Scope of practice and ethical behavior.
- Knowledge of the human movement and cardiorespiratory systems.
- Client fitness assessment.
- Exercise program design.
- Exercise program progression.
- Strength, functional and corrective exercise techniques.
- Basic nutrition concepts.

# **SYLLABUS**

	WEEK 1	
Class 1	Business and Marketing	
Class 2	• Sales	
WEEK 2		
Class 3	<ul> <li>Industry Legislation</li> <li>Ethical Behavior and Scope of Practice</li> <li>Customer Service</li> </ul>	
Class 4	<ul> <li>Physical Activity</li> <li>Lifestyle and Health</li> <li>Behavior Changing</li> </ul>	
WEEK 3		
Class 5	<ul> <li>Introduction to Anatomy</li> <li>Introduction to the Skeletal System</li> </ul>	
Class 6	<ul> <li>Introduction to the Human Movement</li> <li>Introduction to the Muscular System</li> </ul>	



	WEEK 4	
Class 7	Anatomy of the Muscular System	
Class 8	Physiology of the Muscular System	
	WEEK 5	
Class 9	<ul><li>Kinesiology</li><li>Biomechanics</li></ul>	
Class 10	Stretching and Flexibility	
WEEK 6		
Class 11	<ul> <li>Introduction to the Cardiorespiratory System</li> <li>Anatomy of the Cardiorespiratory System</li> </ul>	
Class 12	Fitness Assessment	
	WEEK 7	
Class 13	<ul><li>Exercise Prescription</li><li>Program Progression</li></ul>	
Class 14	Integrated Training	
	WEEK 8	
Class 15	Upper Body Exercise - Bodybuilding, Functional Training, Corrective Exercise	
Class 16	Core Exercise - Bodybuilding, Functional Training, Corrective Exercise	
	WEEK 9	
Class 17	Lower Body Exercise - Bodybuilding, Functional Training, Corrective Exercise	
Class 18	Practical Class	
WEEK 10		
Class 19	<ul> <li>Introduction to Basic Sports and Exercise Nutrition Concepts</li> <li>Introduction to Supplements</li> </ul>	
Class 20	<ul> <li>Chronic Health Conditions and Exercise</li> <li>Exercise Prescription for Special Populations</li> </ul>	



WEEK 11		
Assessment	Final Presentation - 30 min	
	Mock Test	
Class 21	Mock Test Review	
WEEK 12		
Assessment	Final Exam	