

Personal Trainer

Inspire others to achieve their physical best as you learn how to design workout and personal training programs, formulate weight management menus, conduct fitness evaluations and more. Building a trusting relationship with your clients is essential so showing that you have the right credentials will keep you in the game.

Certification is a mark of excellence. It's an indication that you have knowledge and skills that other personal trainers don't. And it's an investment in your career. And Ashworth's Certified Personal Trainer program can help make it happen.

Career Profile

Get paid for something you love to do. Fitness specialists help people to look better, feel better and live longer, happier lives. Many positions are available full or part-time, making this an ideal career for anyone who wants a flexible schedule.

Employment Opportunities

42.7 million Americans were health club members in 2006,* and employment of fitness workers is expected to increase 27 percent in the next few years.** Certification is often a requirement for personal trainers and many employers will encourage or require their existing instructors to become certified over time.

What You Need

There are no prerequisites for this course. However, good trainers are able to pinpoint exactly what should and should not be done while providing motivation making listening and communication skills are a must.

What You Get

- Ashworth's nationally accredited Fitness and Exercise curriculum
- Customized fitness and exercise lesson book
- Sports accessories kit
- Open-book, online exams
- Instructor guidance and unlimited tutoring
- Networking with Ashworth's active student and alumni social community

Plus:

- National Council on Strength and Fitness certification exam package, including: Advanced Concepts of Personal Training textbook, study guide, and lab material, Concepts of Training CD, Personal Training Technique and Assessment DVD, NCFS Certification Exam voucher and a free one-year NCFS professional membership. A \$475 value!

*International Health, Racquet & Sports Club Association (IHRSA) **Bureau of Labor Statistics



Course Outline

- Lesson 1: Fitness & Wellness
- Lesson 2: Preparing for Exercise: Training Threshold
- Lesson 3: Cardiovascular Fitness
- Lesson 4: Developing Flexibility
- Lesson 5: Developing Endurance & Strength
- Lesson 6: Strength & Endurance Exercise
- Lesson 7: Measuring & Controlling Body Fat
- Lesson 8: Skill-Related Fitness: Body Mechanics
- Lesson 9: Wellness & Fitness Nutrition
- Lesson 10: Managing Stress: Evaluation Fitness Facilities
- Lesson 11: Combating Threats to Your Health: Addiction
- Lesson 12: Combating Threats to Your Health: Physical & Mental Disorders
- Lesson 13: The Athlete's Diet
- Lesson 14: High-Impact Meals for Peak Performance
- Lesson 15: Sugar, Carbohydrates, Protein & Hydration
- Lesson 16: Eating for Exercise & Recovery: Dietary Supplements
- Lesson 17: Weight Management for Athletes: Lean Body Mass
- Lesson 18: Weight Management for Athletes: Losing & Gaining Safely

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