

The course is spread out over a 4 month period including both self-studies and face to face teaching. This to ensure that the students have enough time to truly understand the subject on a deeper level. During the course the students are required to study on their own. Following is the total amount of time per subject and stated what kind of teaching it is made up by.

Amount of time per subject

4.1 Role of the Pt

Follow a Professionalism and Ethics Code of Practice

- 16-20 hours. Classroom, online and home studies. Practical and theory

Provide Interactive Communication with Club Members

- 16-20 hours. Classroom, online and home studies. Practical and theory

Inform clients of the benefits of a healthy lifestyle

- 16-20 hours. Classroom, online and home studies. Practical and theory

Plan and prepare for an exercise session

- 16-20 hours. Classroom, online and home studies. Practical and theory

Evaluate the session and personal performance

- 16-20 hours. Classroom, online and home studies. Practical and theory

Review and modify the programme on a sessional basis as appropriate to client progress

- 16-20 hours. Classroom, online and home studies. Practical and theory

Monitor, evaluate and adjust programmes for individuals and groups

- 16-20 hours. Classroom, online and home studies. Practical and theory

Use appropriate technical developments to help to help clients increase general activity level and improve health and fitness level

- 16-20 hours. Classroom, online and home studies. Practical and theory

4.2 functional anatomy

Integrate Exercise Science (as identified at the knowledge doc) to the design of the programme

- 18 hours. Classroom, online and home studies. Face to face and theory.

4.3 Functional Psychology

Integrate Exercise Science (as identified at the knowledge doc) to the design of the programme

- 18 hours. Classroom, online and home studies. Theory and face to face.

4.4 Nutrition

Inform clients of the benefits of a healthy lifestyle

- 70 hours. Classroom, online and home studies. Theory and face to face.

4.5 Psychosocial Aspects of Health and Fitness



Identify participant's incentives and barriers to participate in exercise

- 8 hours. Classroom, online and home studies. Theory

Enthuse and motivate clients to develop and maintain their fitness.

- 8 hours. Classroom, online and home studies. Theory

4.6 Health and fitness Assessments and Analyzing information

Collect information about the client

- 4 hours. Classroom, online and home studies. Practical and theory.

Record information

- 4 hours. Classroom, online and home studies. Practical and theory

Analyze information and determine risk factors

- 4 hours. Classroom, online and home studies. Practical and theory

Inform clients of analysis and discuss and agree the outcome

- 4 hours. Classroom, online and home studies. Practical and theory.

Identify factors and where

- 4 hours. Classroom, online and home studies. Practical and theory.

4.7 Training adaptation and Exercise Planning and Programming

Integrate the science related to the training process to programme design

- 36 hours. Classroom, online and home studies. Theory

4.8 Business and Marketing Skills for a Personal Trainer

Integrate knowledge for own business development

- 12 hours. Classroom, online and home studies. Theory

