



COURSE OUTLINE: CERTIFIED PERSONAL TRAINER

COURSE DESCRIPTION

The IPTA Personal Trainer course is designed to shape the Personal Trainers of tomorrow, true fitness professionals, with knowledge and competence that go beyond current industry standards.

The aim of this course is to prepare you for a future in the health and fitness industry, either as an employee or as a self-employed fitness professional.

Upon course completion you will become an internationally certified Personal Trainer, with a certification that is valid all over the world.

LEARNING OBJECTIVES

After completing the course students should have the skills and competencies to:

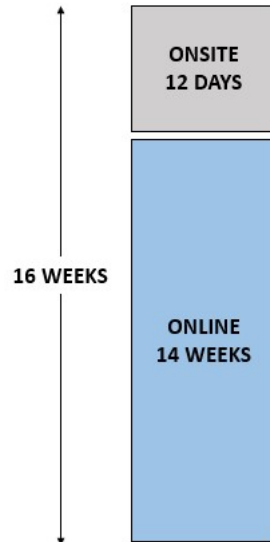
- Give instructions at the gym and offer safe and effective training to clients
- Offer individualized training, adapted to client capacity, needs and objectives
- Detect poor technique, faulty movement patterns and postural asymmetries
- Perform physical tests for strength, endurance, mobility
- Design tailored training programs for diverse types of clients
- Perform dietary assessments, and provide personalized nutritional advice
- Apply a coaching approach to help clients reach their health-related goals

After completing the course students should have the necessary knowledge to:

- Describe the anatomy and function of the musculoskeletal system
- Describe the fundamental training principles and their physiological basis
- Describe the theories behind the strategies used to improve strength, hypertrophy, muscular endurance, cardiovascular capacity, and mobility in various client groups
- Describe the most common methods for physical testing
- Describe the fundamentals of nutrition

COURSE STRUCTURE AND CONTENT

The IPTA Personal Trainer course is totally 16 weeks long. The course starts with an intensive 12 days weeklong on-site part in Marbella, and continues thereafter with 14 weeks of online studies.



During the onsite part of the course classes are held 8 hours/day and divided into two blocks (am and pm). In the middle of the day 13.00 – 17.00 the students are free and can enjoy the beaches and the sun of Marbella.

A brief review of the theoretical basics (anatomy, exercise physiology etc.) is made during this time. Plenty of the time is to practical aspects of the profession (communication, giving instructions, coaching, performing tests and assessments, program design etc.). Theory and practice are constantly integrated to give students a chance to apply their theoretical knowledge in practical cases and thereby also develop their capacity for problem-solving.

During the online part of the course students have a lot of freedom and can study when it suits them best. “Live” sessions are not mandatory but we recommend students to attend to as many as possible.

The online part is divided into 13 modules, with each module covering one or two topics. The modules take one week each. Every week, there are a couple of live (or recorded) lectures with a Q&A session in the end. Students also have specific chapters to read in the course material, and review assignments to work with. At the end of each week, a diagnostic test covering the topics of the weeks is conducted online.

During the online part there is also a home assignment and a project work that students need to complete.

Theoretical content:

Functional Anatomy
Sports Physiology
Biomechanics
Strength & conditioning
Test Methodology
Nutrition
Body composition assessment
Coaching & communication
PT-role
Sales & Marketing

Practical content:

Resistance training
Endurance training
Physical Testing
Postural Analysis
Movement screening
Functional training
Stability Training
Running technique analysis & drills
Mobility training
Body composition assessment

ASSESSMENT

Students need to complete two face-to-face practical exams during the onsite part of the course. After 16 weeks of studies the course ends with a theoretical exam that is conducted online.

CERTIFICATION

Upon course completion you will receive an international Personal Trainer certification and become a member of EREPS (European Register of Exercise Professionals).

IPTA is accredited by EuropeActive (the international golden standard for the fitness industry), and the certification is therefore valid all over the world.

The IPTA Personal Trainer certification corresponds to the EQF Level-3 (Fitness Instructor) and EQF Level-4 (Personal Trainer) of the international standards.

CONTACT

Do you want to know more? Please don't hesitate to contact us if you need further information.

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