Class Schedules & Description:

Semesters start every February and August

4-Month Program (Full Time)

> **Schedule:** Mon-Fri 9:30 AM-2:30 PM
> August 20, 2018-December 21, 2018
> February 4, 2019- June 5, 2019
> August 19, 2019- December 20, 2019

8-Month Program (Part Time)

> **Schedule:** 1 term M/W/F 9:30-2:30 PM
> 1 term T/H 9:30-2:30 PM

Holidays Observed:
- Memorial Day
- Labor Day
- Veteran's Day
- Thanksgiving Day
- Martin Luther King Jr. Day
- Presidents Day

Courses included with both Full-Time and Part-Time NPTI programs:
- (Anat I) Anatomy
- (Anat II) Anatomy
- (Phys I) Physiology I*
- (Phys II) Physiology II*
- (Nutri I) Nutrition I
- (Nutri II) Nutrition II
- (PD I) Program Design I
- (PD II) Program Design II
- (P/MA I) Posture/Movement Analysis I
- (P/MA II) Posture/Movement Analysis II
- (FB I) Fitness Business I*
- (FB II) Fitness Business II*
- (Pra I) Practical I*
- (Pra II) Practical II*

Denotes personal training classes only available through NPTI Program itself. All other classes can be taken to work towards an NPTI Diploma or for continuing education. Classes taken on an individual basis will require additional fees. For specific costs, refer to the program costs page under the costs tab.

Individual Class Options
- **(Anat I) Anatomy**
- **(Anat II) Anatomy**

This course offers an extensive look at the landmarks and responsibilities of the anatomical system. The course focuses on the primary and secondary muscles in joint mobility and stability, along with the skeletal system's role in stature, leverage, and movement. The identification of landmarks is an integral part of the curriculum, however, the course's objectives are geared to integrate the system's impacts on the physiological systems, posture and movement, metabolism, psychology, performance, rehabilitation and reconditioning, biomechanics, and exercise.

25-Hour Classes at $300.00 each

- **(Nutri I) Nutrition I**
- **Nutri II) Nutrition II**

This course investigates the nutritional science and foundations of food and energy. The course breaks down the raw science and investigation of nutrients. We will discuss the psychological and societal impact on food choices, availability and perceptions. We will address the energy balance and individual differences throughout human physiology, to help explain differences in metabolism, genetics, appearances, performance levels, weight management and disease prevention.

25-Hour Classes at $300.00 each

- **(PD I) Program Design I**
- **(PD II) Program Design II**

This course gives structure to the programming and guidance in developing proper exercise and nutritional programs. After creating a base and foundation, program designing is crucial in supporting realistic goal setting, establishing appropriate progressions, variability, safety and successful goal reaching. The course is founded up anatomical, physiological and nutritional sciences, as they are imperative in supporting the essential questions of training.

25-Hour Classes at $300.00 each

- **(P/MA I) Posture/Movement Analysis I**
- **(P/MA II) Posture Movement Analysis II**

This course uses various tools to educate students on posture and movement such as posture charts, instructional videos from various experts. These instructional videos provide a framework in analyzing stance and gait patterns, which helps identify mobility or stability issues

through the biomechanical system of the human body. Identifying imbalances will help address alignment and movement technique in helping increase performance, sustain exercise, promote joint health, prevent or decrease joint pain and gain confidence.

25-Hour Classes at $300.00 each

COSTS

Registration/Enrollment Fee (One time)- $75.00

Gym Fee Usage (Nutrition exempt)- $50.00

Textbook: Williams Basic Nutrition and Diet Therapy- ebook- $45

Textbook: Basic Anatomy- $25

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