

Education for the well-rounded exercise professional



Immerse yourself in the most advanced, in-person, state-of-the-art education for aspiring exercise professionals, wellness coaches and exercise physiologists. Our 6-month program will set the stage for your success.

Course Topics:

- Question of the day w/discussion
- History of PT and change over time
- Lifestyle coaching & psychology of clientele, goal setting
- Listening skills, asking the right questions
- Workout trends, misconceptions, fads, and diets
- Health Screening & Legal Guidelines for Fitness professionals
- Injury prevention and Safety
- CPR/AED training
- Communication Skills
- Mock client Case studies (weekly case studies done in class w/discussion)
- Behavioral change techniques
- Posture, form, & technique for fitness professionals
- Integrated wellness through exercise, sleep and mind-body connection
- Anatomy and Physiology, human muscular system, bones, insertions, ligaments
- Nervous System, Respiratory system
- Hormones
- Planes of Motion
- Biomechanics
- Breathing techniques (diaphragmatic) for parasympathetic activation
- Movement Assessments
- Fitness Assessments
- (Junior and Senior projects will include a comprehensive fitness assessment for a real-life client)
- Training Modalities, creativity, and thinking on your toes
- OPT model, understanding phases, progression, regression
- Upper Crossed Syndrome/ Lower Crossed Syndrome
- Neuromuscular training (Plyometric)
- Resistance training
- Flexibility, Self-Myofascial release
- Functional Movement Screening
- Cardiorespiratory training
- Gym etiquette, ethics, safety
- Group Fitness Training and project
- Speed training (SAQ)
- Recovery
- Chronic Health conditions & Diseases
- Youth and Senior populations and considerations
- Obesity, weight loss, BMI factoring
- Nutrition Fundamentals, weight management, caloric intake, metabolism
- Ergogenic Aids (Supplementation)
- Professional development, interviewing
- Guest Speaker seminars from our partner gym