

**NATIONAL PERSONAL  
TRAINING INSTITUTE®**

A woman with long brown hair tied back, wearing a black tank top and black leggings with orange side stripes, is in a lunge position on a gym bench. She is holding a black dumbbell in her right hand and has her left hand resting on the bench. She is looking down at the dumbbell. The background is a bright, modern gym with various exercise machines and large windows.

# **BECOME A PERSONAL TRAINER WITH HANDS-ON LEARNING**

**PERSONAL TRAINING  
DIPLOMA PROGRAM**

## TRAINER CERTIFICATION PROGRAM

There is now a great demand for the further understanding of fitness and nutrition as the market is booming. The importance of knowledge-based personal training and for high-level professionals is the new norm.

The National Personal Training Institute will prepare you for a successful career as a fitness professional. NationalPTI is the only personal training school that will give you the education, hands-on experience, skills, and insight to become a top-tier trainer. As the go-to industry educator, we can help you transition your passion for health and fitness into a rewarding career. Graduates receiving their certification from NationalPTI are capable of becoming the best professionals in their field of expertise.

### Get in Incredible Shape Through Our Personal Training Program

Our innovative personal training program is designed to give you the skills to become a successful personal trainer on day one. Our program includes 300 hours of virtual instruction plus 200 hours of supervised, hands-on gym time. This is a great opportunity to get in even better shape and see the results of our training techniques on your own body!

### Become a Personal Trainer in 6 or 12 Months at a Location Near You

- Day, evening & weekend class schedules will fit your busy schedule.
- 0% interest payment plans available.
- Lifetime nationwide job placement assistance for all graduates.
- Lifetime ongoing consultation with nutritionists and fitness experts.

### NationalPTI Graduates Receive:

- **Diploma in Personal Training.** This personal fitness trainer certification requires no costly Continuing Education Courses (CEC's) and will never have to be renewed. Your diploma in personal training will be good for life and is regulated by the Department of Education. Many in the fitness industry deem this to be the highest level of personal training education one can receive.
- **100 hours of Nutrition Education**
- **Lifetime Job Placement Assistance**



Practice as a personal fitness trainer in health clubs, vacation resorts, spas, private practices, fitness centers, corporate programs, hotels, country clubs, cruise ships, and with athletic teams. The possibilities are endless.



# ACTIVE learning



## COMPREHENSIVE COURSE OUTLINE

Our innovative and comprehensive program has been designed to give you the skills you need to become a successful personal fitness trainer. In addition to 300 hours of virtual instruction, you'll experience 200 hours of supervised, hands-on fitness center time actually designing programs in a client or trainer role.

You will gain new academic knowledge and hands-on experience while getting in shape.

### The Business of Personal Training

- Legal & ethical issues
- Starting your own business
- Business management
- Sales and marketing
- Insurance requirements
- Certifications and what you need to succeed

### Diet & Nutrition

- Food fads & myths
- Energy systems
- Diet plans
- Vitamins & minerals
- Carbohydrates, proteins, fats
- Changing body composition through exercise



### 100 Hours of Anatomy & Physiology

- Cells & tissues
- Muscle structure
- Kinesiology
- Skeletal, muscular, lymphatic, nervous and cardiovascular systems

### 200 Hours of Practical Experience

- Introduction to fitness centers, circuit training, fitness classes & equipment
- Spotting & lifting techniques
- Client evaluation & program design
- Resistance exercise
- Endurance, hypertrophy and strength based training
- Programs for special senior populations
- Kettlebells, aerobics, group exercise and more!



**6-MONTH  
HANDS ON  
EDUCATION**

**JOB  
PLACEMENT  
ASSISTANCE**




**THE LEADER  
IN PERSONAL  
TRAINING  
EDUCATION**

NATIONAL PERSONAL TRAINING INSTITUTE

### TUITION FOR 500 HOUR PERSONAL TRAINING DIPLOMA \$6,900.00

Includes registration fee (\$75), study materials, Nutrition Certificate, Personal Training Diploma, and job placement assistance. We offer 0% interest free financing and several affordable payment options.

### ONGOING SUPPORT

All of our graduates have the ongoing, continued support of dedicated fitness experts. If you ever need help or have a question, we're just a phone  call or email away.

### JOB PLACEMENT ASSISTANCE

You've chosen a career in one of the fastest growing industries in the nation. The need for qualified personal trainers increases each year. Not only do our graduates have the edge when it comes to skills and training, they also benefit from nationwide job placement assistance.

## NATIONALPTI SCHOOL LOCATIONS

The National Personal Training Institute has training centers across the nation. It is easy to apply, and you can start your education virtually alongside our training centers. The class times are flexible to meet almost any schedule, and you'll be able to combine your training and certification while toning your physique.

A career as a professional personal trainer can be yours if you sign up for our Personal Training Diploma.



# Nationwide

# PERSONAL TRAINING INDUSTRY OUTLOOK

What exactly does a trainer do? Sometimes it takes a paid professional to slog you through endless squats, push-ups and burpees, or just to get you to the gym at 6 a.m. You can thank your personal trainer for that.

As a professional trainer, you'll work one-on-one with clients to assess their strengths and weaknesses. Based on those results, you will design an exercise program to improve their physical fitness. You will also motivate, educate and give them direction to pursue a healthy lifestyle. This education will also cover proper technique, general health and nutrition consultation.

What makes it great? With obesity rates on the rise, trainers are in a position to change someone's health for the better—and for the long haul. They can also work in a variety of settings beyond the gym, from hospitals to corporate wellness departments, clients' homes, to outdoor boot camps.



# HOW CAN I BECOME A LIFELONG FITNESS PROFESSIONAL?

Every year, thousands of individuals consider switching careers. The majority decide to change for full-time employment, and a small percentage look at supplemental income opportunities. These individuals consider starting a new path as a personal trainer. Most have no idea how to make this transition a reality.

First thing that comes to mind. What do I do next? Should I go back to school for a degree? Shadow a personal trainer at a local gym? Get Certified? Buy Personal Trainer 101 books? If you are like the 99.9% of the individuals considering a career change, you have absolutely no idea or clue where to start.

Let's discuss the above options.

## Should I go back to school for a degree?

- Earn a degree in exercise science or kinesiology.
- Learn all about anatomy and physiology, biochemistry and exercise physiology.
- But I am middle-aged. Do I want to be a part of the college scene?
- More than likely will take 4-6 years to graduate. Will have very little practical - hands-on training - experience.
- Will cost tens of thousands of dollars and will sink me into further debt.
- Will not prepare me for the day-to-day personal training business. Limited teaching of program design, nutritional application, or business management.

## Should I Shadow a Trainer?

- Most of these trainers will be self-taught or weekend certified.
- They will have questionable habits and methods.
- They will tell you how great they are, yet they only train a few hours a week.

Keep reading to see why a Personal Training School that offers a Diploma in Personal Training may be right for you!



## WHAT MAKES US DIFFERENT

Good Question! If you have been researching how to become a personal trainer, you have discovered the industry is confusing with an alphabet soup of certifications and organizations. All of this can be traced to the fitness industry having no public or private regulation. Anyone can call themselves a “personal trainer”.

By graduating NationalPTI, you are educating and credentialing yourself with the highest standard to separate yourself from your peers. Because there is actual schooling, hands-on training and recognition by the Department of Education, you will stand above the rest. NationalPTI offers a diploma NOT a certification (some states may call it a certificate). A certification is just proof you passed an exam - a diploma is proof you were educated.

This is considered by many in the industry better than a certification. It also requires no expensive upkeep, while every certification requires continuing education courses & renewal fees—costing thousands of dollars in a lifetime. The quality of the NationalPTI Diploma is known throughout the United States, and it brings you connectivity, networking and job placement. Ultimately, the question becomes “Why not a Diploma?”

A photograph of a man in a gym, captured in the middle of a squat. He is holding a barbell with large blue weights. The background is slightly blurred, showing other gym equipment and people. The lighting is dramatic, with a bright light source creating a lens flare effect.

# DIPLOMA vs. CERTIFICATION

# ENROLLMENT APPLICATION

# NOTES

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Email \_\_\_\_\_

Birth Date \_\_\_\_\_ Social Security No. \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_ Employer Phone No. \_\_\_\_\_

Employer Address \_\_\_\_\_

Work Experience \_\_\_\_\_

\_\_\_\_\_

How did you hear about our program? \_\_\_\_\_

Have you had any contagious diseases in the past two years? \_\_\_\_\_

If yes, please explain. \_\_\_\_\_

Do you take any medication? \_\_\_\_\_

If yes, please list. \_\_\_\_\_

Are there any health-related issues we should know about? \_\_\_\_\_

If yes, please explain. \_\_\_\_\_

Have you ever been convicted of a felony? \_\_\_\_\_

If yes, please explain. \_\_\_\_\_

Please complete and send to:  
National Personal Training Institute | 2727 Philmont Avenue, Suite 109  
Huntingdon Valley, PA 19006  
1-800-960-6294  
nationalpti.org



