

# Certified Personal Trainer

## MODULE 1

### Training types

General Anatomy  
Muscle Anatomy  
Leading  
The skeleton  
The locomotor apparatus  
Body posture  
Breathing and circulation  
General training theory  
Senior training  
Pregnancy exercise  
Middle age exercise  
Disability adapted training  
Junior training  
Children training  
Fitness training focus on competition  
General training theory

Theoretical exam

## MODULE 3

### Doping & Sports Injuries

Doping  
History  
What is doping  
Blood doping  
Tablet doping  
Drugs  
Anabolic steroids  
Function and movement analysis  
Injuries  
Muscle injuries  
Inflammations  
Stretches  
Ruptures  
Rehab  
Physical tests: Fitness/strength/mobility

Theoretical exam

## MODULE 2

### Training plan

General Training plan  
Training plan Senior  
Training regimen Pregnant  
Training scheme Middle age  
Training plan adapted to the disabled  
Training plan Junior  
Training scheme Children  
Training plan Fitness focus on competition  
Training principles  
Training planning  
Periodized training  
Technique when passing  
Functional training  
Cardio training  
Sports-related training  
Physical relaxation training

Submission task create training plan

## MODULE 4

### Nutrition

Basic nutrition  
Carbohydrates  
Fat  
Protein  
Diet during exercise  
Dietary supplements synthetic  
Amino acids  
Protein powder  
Casein powder  
ALA  
CLA  
Pre workout  
Energy drinks  
Protein bars  
Minerals  
Vitamins  
Dietary supplements natural  
Chili  
Cinnamon  
Cardamom  
Rose hip  
Ginger  
Turmeric  
Omega 3  
Omega 6

Theoretical exam

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## MODULE 5

### Exercises in the gym

Exercises in a gym environment through films  
Instructor  
Back exercises  
Leg exercises  
Arm exercises  
Chest exercises  
Shoulder exercises  
Core exercises  
Stability exercises  
Functional exercises  
Superset exercises  
Static exercises  
Combination exercises  
Program structure  
Submission task

## MODULE 6

### You as a brand and PT

You are your brand  
Sales/customer recruitment  
Marketing  
Administration and structure as PT  
Customer meetings  
Communication in a professional role  
Communication with staff  
Communication with client  
Feedback  
Coaching  
Planning  
Schedule

**Practical exam through filming and written exam**



### **The goal of the education**

The goal of the education is that the student, after completing the education, has acquired the knowledge required for qualified and independent work in the field.

### **Eligibility requirements**

No special eligibility requirements.

### **Assessment criteria**

After completing the education, with a passed result on all assignments and tests, the student receives a certificate. The main teacher for the education is the one who examines the student.

### **Degree title**

Certified Personal Trainer

### **Extent of education**

The studies are conducted at any study pace and include about 20 weeks of full-time studies.