



LINK EDUCATION USA

FITNESS PROGRAM

CURRICULUM

Program Name: Certified Fitness Training

Program Number: CFT 101

Format: Online

Total classes: 21

Total hours per class: 2h30

Mock test: 2 hours

Practical presentation: 30 min per student on individual scheduled conferences

Final exam: 2 hours

Total hours: 57 h

Course Description:

Students will learn entry-level skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations. Students will be introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan, such as flexibility techniques, cardiorespiratory protocols, with emphasis on exercise selection, correct posture and main training techniques for all body segments. Students will also learn marketing strategies, client relations and professional ethics like scope of practice, responsibility and continuing education.

Learning Objectives:

1. Understand what makes up a positive client experience.
2. Understand how to perform an initial fitness assessment.
3. Understand and communicate the components of the human movement system and biomechanics terminology.
4. Explain in simple terms the skeletal, muscular and cardiorespiratory systems.
5. Understand and be able to communicate nutritional concepts like macro and micronutrients.
6. Understand the cause and symptoms of chronic health conditions.
7. Be able to understand the concept of and create integrated training programs.



Occupational Competencies

Demonstrate proficiency in the following performance domains:

- Business, sales and marketing
- Scope of practice and ethical behavior
- Knowledge of the human movement and cardiorespiratory systems
- Client fitness assessment
- Exercise program design
- Exercise program progression.
- Strength, functional and corrective exercise techniques
- Basic nutrition concepts

SYLLABUS

WEEK 1	
Class 1	● Business and Marketing
Class 2	● Sales
WEEK 2	
Class 3	<ul style="list-style-type: none"> ● Industry Legislation ● Ethical Behavior and Scope of Practice ● Customer Service
Class 4	<ul style="list-style-type: none"> ● Physical Activity ● Lifestyle and Health ● Behavior Changing
WEEK 3	
Class 5	<ul style="list-style-type: none"> ● Introduction to Anatomy ● Introduction to the Skeletal System
Class 6	<ul style="list-style-type: none"> ● Introduction to the Human Movement ● Introduction to the Muscular System



WEEK 4	
Class 7	<ul style="list-style-type: none"> Anatomy of the Muscular System
Class 8	<ul style="list-style-type: none"> Physiology of the Muscular System
WEEK 5	
Class 9	<ul style="list-style-type: none"> Kinesiology Biomechanics
Class 10	<ul style="list-style-type: none"> Stretching and Flexibility
WEEK 6	
Class 11	<ul style="list-style-type: none"> Introduction to the Cardiorespiratory System Anatomy of the Cardiorespiratory System
Class 12	<ul style="list-style-type: none"> Fitness Assessment
WEEK 7	
Class 13	<ul style="list-style-type: none"> Exercise Prescription Program Progression
Class 14	<ul style="list-style-type: none"> Integrated Training
WEEK 8	
Class 15	<ul style="list-style-type: none"> Upper Body Exercise - Bodybuilding, Functional Training, Corrective Exercise
Class 16	<ul style="list-style-type: none"> Core Exercise - Bodybuilding, Functional Training, Corrective Exercise
WEEK 9	
Class 17	<ul style="list-style-type: none"> Lower Body Exercise - Bodybuilding, Functional Training, Corrective Exercise
Class 18	<ul style="list-style-type: none"> Practical Class with live instructor on-line
WEEK 10	
Class 19	<ul style="list-style-type: none"> Introduction to Basic Sports and Exercise Nutrition Concepts Introduction to Supplements
Class 20	<ul style="list-style-type: none"> Chronic Health Conditions and Exercise Exercise Prescription for Special Populations



WEEK 11

Class 21	<ul style="list-style-type: none">• Individual Final Presentation - Scheduled 30 min Conferences
Class 22	<ul style="list-style-type: none">• MockTest
Class 23	<ul style="list-style-type: none">• Mock Test Review

WEEK 12

Class 24	<ul style="list-style-type: none">• Final Exam
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