

NCSF Certified Personal Trainer Workshop Agenda

Day 1

Morning Session

9:00 – 11:30

- Health, Screening and Evaluation
 - Impact of common diseases
 - Health evaluation forms
 - Assessing health and fitness
- Body Composition and Weight Management
 - Perform girth measurements
 - Conduct skin fold analysis
 - Accomplishing weight loss goals

11:30 – 12:30

- Nutritional Science
 - Role of carbohydrates, protein and fat
 - Micronutrients and hydration

12:30 – 1:30 – Lunch Break

Afternoon Session

1:30 – 4:30

- Functional anatomy
- Flexibility evaluation
- Flexibility techniques
- Trunk training

Day 2

Morning Session

9:00 – 10:30

- Aerobic Exercise Prescription
 - Health benefits
 - Establish training zones
 - Aerobic training techniques

10:30 – 11:30

- Anaerobic Training
 - Health benefits
 - Goals of training
 - Training modalities

11:30 – 12:30

- Programming Exercise
 - Creating a prescription
 - Program consideration and activity selection
 - Prescription matrix

12:30 – 1:30 – Lunch Break

Afternoon Session

1:30 – 4:30

- Lower Body Training
 - Squats and modifications
 - Deadlifts and modification
 - Lunges and step-ups
- Upper Body Training
 - Pushes and presses
 - Rows and modifications
- Functional Training Exercises

