



## Personal Trainer Certification

**Provider:** Native American Fitness Council

### Course Description

This course prepares you to become a personal training professional qualified to work in tribal wellness clinics and fitness facilities. Learn the foundations of body awareness training, flexibility movements, resistance training, cardiovascular conditioning, and functional movement, so you can effectively train and motivate others in your community. This course also covers how to design programs and provide professional interaction with clients.

**Continuing Education Credits:** 27 hours

**Eligibility to Participate:** 18 years of age or older, CPR/AED recommended (not required)

**Certification Renewal:** The Personal Trainer Certification is valid for five (5) years after receiving the certificate. It can be renewed at no cost for an additional five (5) years by providing NAFC with proof of 30 hours (6 hours/year) of CEC's in the area of health, wellness & fitness.

### Agenda

#### Day 1

- 8:00 - 8:15 Registration
- 8:15 - 8:30 Introduction
- 8:30 - 10:00 Posture
- 10:00 - 10:15 Break
- 10:15 - 12:00 Body Mechanics
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Balance Exercise
- 2:30 - 2:45 Break
- 2:45 - 4:15 Stabilization Training
- 4:15 - 4:30 Questions & Answers

#### Day 2

- 8:00 - 8:30 Introductions & Warm-up
- 8:30 - 10:00 Flexibility Training
- 10:00 - 10:15 Break
- 10:15 - 12:00 Resistance Training Lecture
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Resistance Training Lower Body - Hands On
- 2:30 - 2:45 Break
- 2:45 - 4:15 Resistance Training Core - Hands On
- 4:15 - 4:30 Questions & Answers

(continued)



### **Day 3**

- 8:00 - 8:30 Warm-up
- 8:30 - 10:00 Resistance Training Upper Body - Hands On
- 10:00 - 10:15 Break
- 10:15 - 12:00 Resistance Training Upper Body - Hands On (continued)
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Functional Training
- 2:30 - 2:45 Break
- 2:45 - 4:15 Professional Standards & Documentation
- 4:15 - 4:30 Questions & Answers

### **Day 4**

- 8:00 - 8:30 Warm-up
- 8:30 - 10:00 Endurance Training Lecture
- 10:00 - 10:15 Break
- 10:15 - 12:00 Endurance Training - Testing
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Endurance Training - Hands On
- 2:45 - 3:00 Break
- 3:00 - 4:15 Program Design
- 4:15 - 4:30 Awarding of Certificates