

Mentorship Program Overall Goal:

A one year program to develop Personal Trainer Candidates who possess superior people, business and common sense skills into Certified Personal Trainers (CPTs). CPTs will then gain all the technical skills necessary to teach small group and one-on-one personal training sessions in a safe and effective manner.

Phase 1 ACE Certified Personal Trainer Mentorship Course

Goal: To assist PTCs in passing their ACE-CPT exam through a specialized study skills class based on the ACE-CPT study material.

Duration: 12 weeks

Overview:

By completing Phase 1, PTC's will:

- Meet for 12 3-hour sessions on staggered weekends
- Receive an in-depth explanation and review of each chapter in ACE-CPT Manual
- Receive hands-on application of skills learned
- Take sample quizzes and test
- Receive training experience under supervision of an ACE-Certified Instructor
- Receive 20% off all ACE materials
- Receive \$40 discount on ACE-CPT exam

Phase 2 Small Group Training with Mentorship

Goal: Personal Trainers who have passed the ACE-CPT exam will receive experience teaching small group training classes. They will begin as participants and end the sessions by teaching the classes.

Duration: 8 weeks

Overview:

Trainers will begin as participants for the MAXED OUT! Interval training class. MAXED OUT! has both a low-impact and high-impact class. The sessions are 8 weeks

in duration and are progression based.

By completing Phase 2, CPTs will be able to:

Compile and teach a small group training class based on circuit training.
Teach progression based exercises using the functional training model.
Demonstrate safe postures, positions and form
Correct improper postures, positions and form
Lead and motivate clients of all abilities in small group training

Phase 3 Personal Training: Program Design

Goal: Teach CPTs how to design a one-on-one personal training session using many different exercise options.

Duration: 8—10 weeks

Overview:

By completing Phase 3, CPTs will be able to:

Gain a complete understanding of the necessary client information to be gathered during the initial client assessment session; including medical history, biomechanical assessment, physician release and client goals

Gain a complete understanding of the movement of each muscle group as well as learn how to orient a client to selected weight machines

Learn progression of training exercises utilizing various modalities based on client observation

Phase 4 Testing

Goal: To prepare CPTs to independently train clients one-on-one in a safe and effective manner

Duration: 12 weeks

Overview:

Designed to test the technical skills needed to safely and effectively train a “low risk”

client, CPTs will have at minimum 5 case studies which will involve real clients.

CPTs will be tested in the areas of: assessment, contraindications, program design, spinal stabilization and stretching.

By completing Phase 4, CPTs will be able to:

Learn advanced assessment tools needed to design a fitness program.

Develop a safe and effective one-on-one personal training exercise program based on client goals.

Understand contraindications for certain orthopedic and chronic illnesses and conditions

Develop a repertoire of exercises to condition all muscle groups of the body

Understand and implement progressions based on client feedback and goals.