



Pro Elefit Internship Program

Instructor

Kelsie Wehren

Course Overview

Pro Elefit Internship Program Summer Session July 6-Aug 10 2018

Phone

(808)430-2434

Become a NASM certified personal trainer with the best program in the industry in just 5 weeks. This demanding course is designed for those who are serious about a career in fitness. Our fast track program will have you ready to take on your first clients before the fall and will give you the support and confidence to become successful as a NASM Certified Personal Trainer.

Email

Kelsie@TrunkTrainers.com

Required Text**Office Location**

Trunk Trainers Suite 107

NASM Essentials of Personal Fitness Training, *Sixth Edition*

Office Hours

By Appointment

Course Materials

Trunk Trainers will provide course materials throughout the 5 weeks.

- NASM Course Material and Study Guides
- Forms and Waivers

Resources

- TrunkTrainers.com
- NASM.org

This 5 week course will include 5 days per week of instruction. Additional homework will be required outside the classes each day. All instruction will be held at Trunk Trainers in Suite 107.

Classroom Sessions M-F 12-2pm. Other session times may be available depending on student schedules.

Informational meeting and course syllabus overview Friday, 7/6/18 12pm

Date	Subject	Details
Fri 7/6/18	Course Overview, Syllabus	Sign Paperwork, distribute resources
Mon 7/9/18	Chapter 1	The Scientific Rationale for Integrated Training
Tues 7/10/18	Chapter 13	Resistance Training Exercises
Wed 7/11/18	Chapter 6	Fitness Assessment
Thurs 7/12/18	Chapter 7	Flexibility Training Concepts
Fri 7/13/18	Chapter 8	Cardiorespiratory Fitness Training
Monday 7/16/18	Chapter 9 Chapter 10	Core Training Concepts Balance Training Concepts
Tues 7/17/18	Chapter 11 Chapter 12	Plyometric (Reactive) Training Concepts Speed, Agility, and Quickness Training
Wed 7/18/18	Chapter 14 APX B	Integrated Program Design and the Optimum Performance Training (OPT) Model OPT Model
Thurs 7/19/18	Chapter 2 Chapter 15	Basic Exercise Science Introduction to Exercise Modalities
Fri 7/20/18	Apx D	Muscular System
Mon 7/23/18	Chapter 3	The Cardiorespiratory System
Tues 7/24/18	Chapter 4	Exercise Metabolism and Bioenergetics
Wed 7/25/18	Chapters 5	Human Movement Science
Thurs 7/26/18	Chapter 16	Chronic Health Conditions and Physical or Functional Limitations
Fri 7/27/18	Mid-Term	Practice Exam
Mon 7/30/18	, Chapter 17 and 18	Nutrition Supplementation

Date	Subject	Details
Tues 7/31/18	Chapter 19 Homework: Chapter 20:	Lifestyle Modification and Behavioral Coaching
Wed 8/1/18	Chapter 20	Developing a Successful Personal Training Business
Thurs 8/2/18 (Will also be held 8/4)	Pro Elefit Certification Material Day 1	Building a Brand, Specialization, Time Management, SMART Goal Setting
Fri 8/3/18 (Will also be held 8/5)	Pro Elefit Certification Material Day 2	Client acquisition and retention, Continuing Education and diversity, Industry Education
Mon 8/6/18	Pro Elefit Exam	Exam
Tues 8/7/18	Apx E	NASM Exam Prep Material
Wed 8/8/18	Practice Exam Section 1	Exam
Thurs 8/9/18	Practice Exam Section 2	Exam
Fri 8/10/18	Practice Exam	Exam

Homework Policy

Reading and pre-study is expected to be done before each class session begins. This is an intensive course that moves at a fast pace. The success of each participant will depend on how much effort is put into the material. Studying outside of each scheduled meeting is required. Disclaimer: Passing this course is not guaranteed and depends on the participation of each individual. Learning the material is the responsibility of the student. Trunk Trainers holds no responsibility for each participant passing the NASM exam or the Pro Elefit Exam.

Students will have access to Trunk Trainers during normal business hours. Practice is recommended and practice clients can be arranged to gain experience with fitness assessments and program design. All practice clients and students must sign liability waiver before using the facilities.

Students who successfully complete the NASM certification and Pro Elefit Certification may be eligible for the Trunk Trainers Pro Elefit Internship Program. Invitation into this program is earned through exemplary performance throughout this course. See Kelsie for details.