



Personal Trainer Certification

Personalized Support

Instructor

Kelsie Wehren

Course Overview

Pro Elefit Certified Personal Trainer Certification Support

Phone

(808)430-2434

This program is designed to support program participants to thrive with a career in fitness. Almost anyone can become a group fitness instructor or personal trainer but making living within the fitness industry can be challenging. We will give you the tools to create a successful business as a personal trainer and the resources you need to grow with the industry.

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

- NASM Course Material and Study Guides
- Forms and Waivers

Resources

- TrunkTrainers.com
- NASM.org
- TRXTRAINING.com

This course will include 50 hours of instruction with Pro Elefit Trainer Kelsie Wehren. Additional homework will be required outside the classes each day. All instruction will be held at Trunk Trainers in Suite 107. Practical application will begin during this course to gain experience with personal training before certifying.

Session Schedule-One hour classroom time per section

Subject	Details
Course Overview, Syllabus	Sign Paperwork, distribute resources, Fitness Assessment
Chapter 1	The Scientific Rationale for Integrated Training
Chapter 13	Resistance Training Exercises
Chapter 6	Fitness Assessments-Begin practice
Chapter 7	Flexibility Training Concepts
Chapter 8	Cardiorespiratory Fitness Training
Chapter 9	Core Training Concepts
Chapter 10	Balance Training Concepts
Chapter 11	Plyometric (Reactive) Training Concepts
Chapter 12	Speed, Agility, and Quickness Training
Chapter 14	Integrated Program Design and the Optimum Performance Training (OPT) Model
APX B	OPT Model
Chapter 15	Introduction to Exercise Modalities
Chapter 2	Basic Exercise Science
Chapter 3	The Cardiorespiratory System
Chapter 4	Exercise Metabolism and Bioenergetics
Chapters 5,	Human Movement Science
Apx D	Muscular System

Subject	Details
Chapter 16	Chronic Health Conditions and Physical or Functional Limitations
Chapter 17 and 18	Nutrition Supplementation
Chapter 19 Homework: Chapter 20:	Lifestyle Modification and Behavioral Coaching 10 Steps to Success
Chapter 20	Developing a Successful Personal Training Business
Apx E	Exam Prep Material
Q and A	
Q and A	
Practice Exam	

Exam Schedule

Week	Subject
NASM Exam Prep	
NASM Exam	TBD-Student must schedule
Follow Up Assessments	TBD-Student must schedule

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.