



2-Day Optimum Performance Workshop

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised programmes that guarantee results for their clients/members.

This workshop is aimed at both qualified and non-qualified Personal Trainers who are looking for an insight into the *NASM methodologies* plus lots more, and is majority practical rather than theory based.


There is no final assessment for this workshop however you will gain UK Reps *16-CPD points* for attendance.

We place the client at the heart of everything we do by equipping you, their Personal Trainer/Coach with the right tools to deliver *cutting edge exercise programmes* that your customers will want to try again and again. You will learn *postural assessment*, giving you the opportunity to provide individualised feedback to each of your clients. This

professionalises your service and *builds your credibility* as fitness professional

Course Content

1. The Scientific Rationale for Integrated Training
2. Basic Exercise Science
3. The Cardio-respiratory System
4. Human Movement Science
5. Fitness Assessment
6. Flexibility Training Concepts
7. Cardio-respiratory Training Concepts
8. Core Training Concepts
9. Balance Training Concepts
10. Reactive (Power) Training Concepts
11. Speed, Agility and Quickness Training Concepts
12. Resistance Training Concepts
13. Programme Design Concepts



NASM Corrective Exercise Specialist

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised *Corrective Exercise programmes* that guarantee results for their clients/members.

This course is aimed at those qualified Personal Trainers who are looking for an *advanced course* that will raise their assessment and programme design skills specific to the four key body check-points highlighted in the content overview.


This course will focus on *isolated corrective exercises strategies* before integrating into total body functional movement patterns specific to your client's everyday life.

There is a final *online theory exam* post the *2-day practical workshop* and distance learning modules which will then qualify you as a NASM Corrective Exercise Specialist. The distance learning modules are supported by *online presentations and video links*.

This course will also raise the bar of the Fitness professional to help work closer with the other professionals such as Physiotherapists.

Course Content: -

- Module 1 - Movement Assessments
- Module 2 - Inhibitory Techniques
- Module 3 - Lengthening Techniques
- Module 4 - Integrated Strengthening
- Module 5 - Integrated Dynamic Movement
- Module 6 - Strategies for the Foot and Ankle Complex
- Module 7 - Strategies for the Knee Complex
- Module 8 - Strategies for the Lumbo-Pelvic-Hip Complex
- Module 9 - Strategies for the Shoulder Complex



NASM Performance Enhancement Specialist

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised *Sports Specific Programmes* that guarantee results for their clients/members.

This course is for those qualified Personal Trainers who are looking for an advanced qualification that will help them grow their career in working with *sports teams and individual athletes* at all levels.

The *2-day practical workshop* is majority exercise based will show how the NASM principles and methods can be applied to the world of sports performance. In addition the distance learning modules cover all the theory you will need, along with *online presentations/video* to help grow your knowledge in preparation for the online theory exam.

Course Content: -

1. The Essentials of Integrated Training
2. Human Movement Science
3. Postural Considerations
4. Integrated Performance Profile
5. Integrated Flexibility Training
6. Core Stabilization Training
7. Balance Training
8. Reactive Training
9. Integrated Speed Training
10. Integrated Strength Training
11. Integrated Program Design
12. Nutrition



NASM CPT Recertification

If you are already NASM-CPT qualified then after 2-years you will be required to refresh and update your qualification. This can be achieved by either *submitting evidence* of continuing education direct to NASM through their website or by completing the *latest 2-day OPT workshop* and completing the latest theory exam.

The latest 2-day workshop will cover the most up to date methods, research and application tools required to help *grow your PT business*.

This workshop & assessment process will give you 16-CPD points and 1.9 CEU's, therefore plus your first aid award you will be able to re-certify for a further 2-years both with NASM and with your Repts membership.

The other continuing education courses/workshops outlined on this insert can also be used to as evidence to help you recertify



NASM Older Adult

As our bodies develop and grow older, how we assess and prescribe exercise programmes has to change also.

The aim of this course is to show you how the NASM training principles from assessment through to programme design can be applied to your clients/members aged 55yrs and over.

This course is for those trainers who are looking to specialize in this area as part of their PT business development.

The course is distance learning + an optional 1-day practical workshop

Course Content:-

Module 1 - The Older Adult Health and Common Medical Conditions

Module 2 - Assessment for the Older Adult

Module 3 - Program Design for the Older Adult

Module 4 - Nutrition for the Older Adult

Module 5 - Behaviour Modification

Module 6 - Implementing Training Programs for the Older Adult



NASM Younger Adult

Many PT's work with younger adults, and particular assessment and programmes design considerations need to be taken.

The aim of this course is to show you how the NASM training principles from assessment through to programme design can be applied to your clients/members aged 11-16yrs.

This course is for those trainers who are looking to specialize in this area as part of their PT business development.

The course is distance learning + an optional 1-day practical workshop

Course Content:-

Module 1 - Overview of Youth Fitness

Module 2 - Assessment for the Youth Client

Module 3 - Programme Design for the Youth Client

Module 4 - Nutrition for the Youth Client

Module 5 - Behaviour Modification

Module 6 - Implementing the Youth Training Programme



NASM Pre-Natal

Many PT's work with pregnant clients, and particular assessment and programmes design considerations need to be taken.

The aim of this course is to show you how the NASM training principles from assessment through to programme design can be applied to your clients/members during each of the given trimesters.

This course is for those trainers who are looking to specialize in this area as part of their PT business development.

The course is distance learning + an optional 1-day practical workshop

Course Content: -

Module 1 - Physiology of the Pregnant Client

Module 2 - Assessment

Module 3 - Program Design for the Pregnant Client

Module 4 - Nutrition for the Pregnant Client

Module 5 - Behavior Modification

Module 6 - Implementing Training Program for the Pregnant Client