



The National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) Course represents the ideal course for committed individuals who believe in obtaining the best personal training credentials or continued professional development (CPD) for themselves as well as results for their clients. The NASM CPT is designed for;

- Individuals looking to become personal trainers
- Existing gym instructors,
- Group exercise instructors.
- Advanced Instructors,
- Existing personal trainers looking to up skill and expand their knowledge base,

WHY CHOOSE NASM & SPORT981

Sport981 allied to NASM provides a unique opportunity to learn cutting edge information from real coaches. All Sport981 tutors are experienced coaches in their own right, coaches who have used NASM's Optimum Performance Training™ (OPT™) methodology to train thousands of individuals both in performance sport, from grass root to premiership football players, common wealth games athletes and world champions as well as individuals who want to excel in the game of life and performance living.

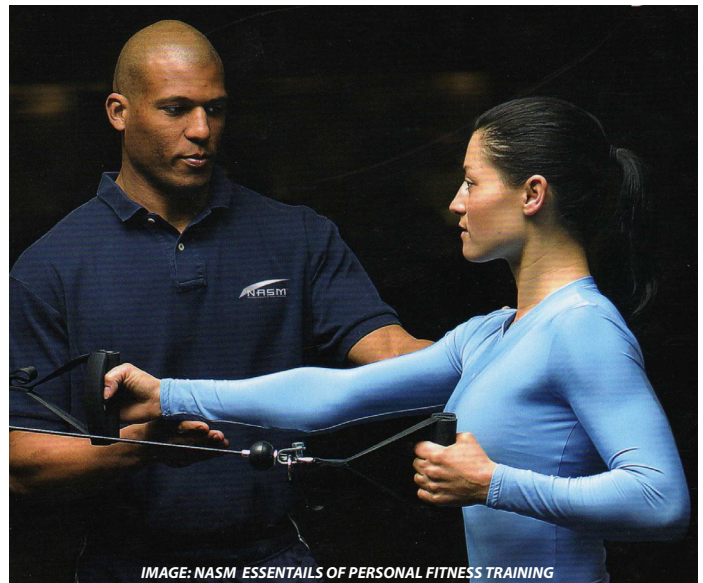


IMAGE: NASM ESSENTIALS OF PERSONAL FITNESS TRAINING

By combining the intellectual content of NASM's CPT with the experience and expertise of a Sport981 tutor, you will have the practical skills that make a difference to people's lives.

STANDING OUT FROM THE CROWD

Today there are more than 300 certifications available to sports medicine, performance enhancement, and fitness professionals. But only the NASM Certified Personal Trainer (CPT) certification uses the Optimum Performance Training™ (OPT™) methodology making it the gold-standard for health and fitness professionals.

The OPT methodology provides you with a systematic, scientifically based programming tool that enables you to progress any client towards any goal.

As such the NASM-CPT certification is the preferred choice for hire and career advancement by the top health clubs, such as:



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CERTIFIED PERSONAL TRAINER (CPT)



COURSE ENTRY REQUIREMENTS

- Be aged 16 or over
- Hold a REPS Level 2 or higher credential

THE KNOWLEDGE

Your study material will expose you to scientifically valid concepts and applications in:

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 Concepts
14. Special Populations
15. Nutrition
16. Supplementation
17. Behaviour Modification
18. Professional Development

NASM CERTIFIED PERSONAL TRAINER (CPT) MANUAL

Mastering this practically orientated knowledge will give you the confidence and ability to get results consistently for your clients, thus ensuring a growing and thriving personal training business.



The NASM CPT is powerful material and the tutors at Sport981 have helped me apply this in the best possible way. I now have my own successful personal training company with a client base which is continuing to grow.



Thank you Sport981 and NASM.

Ed Parker BSc CPT PES CES
Sport981 graduate



COURSE DURATION

The NASM-CPT course has been designed as a distance learning course to be studied over a 3-6 month period so that you can fit it into and around your busy work and life schedules. As such the material is well written and accompanied by numerous support resources and learning tools.

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LEARNING TOOLS

Workshop -The NASM CPT is accompanied with a practically orientated workshop (3 weekends including examination, or modular if part of an educational curriculum) which brings the material to life with one of Sport981’s experienced coaches.

Online Learning Platform –On registration you will be provided with pass codes to access your very own learning resources section on the NASM website. Here you can take practice exams, track your progress and access learning material.

Interactive DVD Set

This tool enables you to control your learning using the latest in audio-visual technology. The DVD set enables you to play, pause, forward and rewind a seminar on each of the course modules.

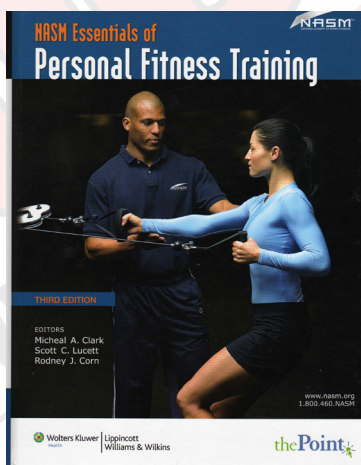
Alongside the seminar presentation there is a power point presentation to help highlight the key points.

Comprehensive Course Manual

NASM Essentials

of Personal Fitness Training.

This tool consists of all 18 key sections/modules of the CPT course. The text is supported by graphics to ensure your learning opportunity is maximised.

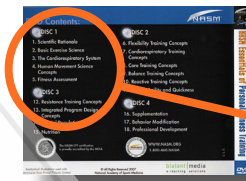


Tutor Support (e-mail)

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Study Guide – This tool enables you to do 2 key tasks. Firstly, it provides a detailed learning plan, outlining what you should study and when, allowing you to make it specific to you and the time you have available. Secondly, you can test your learning, by means of a series of quiz questions for each of the course modules. This will help in the preparation for your theory exam.



Learner Achievement Portfolio.

This tool is designed to aid your learning and help track your achievement over the course duration. Completion of this portfolio is a required process for all trainers looking to achieve a level 3 reps status.

Electronic Introduction Module

This covers the assessment process, as well as background/history information about Sport981, NASM, REPS and the Sport981 appeals and Equal Opportunities policy. The later additional sections, modules consist of assessment checklists, sample programme templates and the Reps Code of Ethical Practice (CoP).



COURSE ASSESSMENT

1. **NASM Online theory exam, 70% pass mark.**
2. **Theory paper. Anatomy and physiology for exercise and health. 70% pass mark.**
3. **Applying the principles of nutrition to a physical activity programme. 70% pass mark.**
4. **Practical Assessment (60min practical coaching, 30mins feedback and evaluation). You will be required to take an individual through one of the above programmes written as part of your case study. A qualified Assessor will mark you based on UK regulatory standards set forward by Skills Active and Active IQ. You will be able to view these criteria as part of the final workshop led by your course tutor.**
5. **Complete your learner achievement portfolio. This is completed in your own time throughout the course duration.**

CERTIFICATES

Once you have successfully completed the assessment process, Sport981 will issue a formal letter of achievement along with an official certificate. This certificate will outline the course title, your name, CPD points status and expiry date (2yrs from your completion). You will also be able to print a temporary NASM certification from your online nasm portal for immediate confirmation.

RECERTIFICATION

This award qualifies you for a period of 2yrs. Between 18 and 24 months you should look complete an online exam with NASM. This is inexpensive, easy to arrange and will maintain your NASM certified personal trainer status for a further 2 years.

COURSE COST

£1649.00 Inc VAT



GET NASM CPT CERTIFIED

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