



## INTRODUCTION TO PERSONAL FITNESS TRAINING (IPFT)



***This course is really where it all begins. The National Academy of Sports Medicine Introduction to Personal Fitness Training (NASM IPFT) provides candidates the opportunity to develop an exciting career within the health and fitness industry with the global leaders in health and fitness education (NASM) and the practical expertise and experience of Sport981.***

### WHY CHOOSE NASM & SPORT981

The NASM IPFT course centres around key learning objectives and practical skills that all health and fitness coaches must pass in order to excel in this vibrant working environment. Developing these essential skills will be maximised through time spent with your experienced course tutor. All Sport981 tutors are real lifer coaches and have a wealth of experience to pass on to both bring the material to life as well as provide an invaluable resource to develop exercise technique to get results.

The NASM IPFT has been mapped to national occupational standards, as such you will become recognised through the Register of Exercise Professionals (REPS) at level 2, an important prerequisite for those wanting to go on to become NASM Certified Personal Trainers (NASM-CPT). Perhaps most importantly after successfully completing the NASM IPFT you can begin your new career in the health and fitness industry!

The National Academy of Sports Medicine (NASM) have been at the forefront of health and fitness education since 1987 and have a progressive course structure allowing you to advance your learning, career opportunities and revenue potential by further specialisations such as:

**The acclaimed NASM Certified Personal Fitness Training (CPT) course which includes the renown Optimum Performance Training model (NASM OPT™)**

**Training athletes through the NASM Performance enhancement Specialisation (PES)**

**Working with post rehabilitation clients with the NASM corrective Exercise specialisation (NASM-CES).**

***The NASM IPFT is therefore positioned uniquely as a stepping stone into the health and fitness industry to allow you to choose a career path which is right for you.***

Our Education Partners





## COURSE ENTRY REQUIREMENTS

- **Aged 16 years or over**

## THE KNOWLEDGE

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

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| <b>Chapter 1:</b> Introduction to the Fitness Industry                                | <b>Chapter 8:</b> Strength Training                                      |
| <b>Chapter 2:</b> What to Expect as a Health and Fitness Professional                 | <b>Chapter 9:</b> Cardio respiratory Training                            |
| <b>Chapter 3:</b> Introduction to What to Expect as a Health and Fitness Professional | <b>Chapter 10:</b> Nutrition and Dietary Supplements                     |
| <b>Chapter 4:</b> Basic Biomechanics  | <b>Chapter 11:</b> Weight Control  |
| <b>Chapter 5:</b> Health and Fitness Assessments                                      | <b>Chapter 12:</b> Special-Needs Clients                                 |
| <b>Chapter 6:</b> Flexibility Training  | <b>Chapter 13:</b> Lifestyle Modification                                |
| <b>Chapter 7:</b> Stabilization Training  | <b>Chapter 14:</b> Becoming a Successful Health and Fitness Professional |

NASM INTRODUCTION TO PERSONAL FITNESS TRAINING (IPFT) MANUAL CHAPTERS

Mastering this knowledge is essential to build your confidence and skills that ultimately begin you on your path of becoming an accredited health and fitness professional. The NASM-IPFT 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.

## LEARNING TOOLS

- **Workshop** - The course is accompanied with a practically orientated workshop (2 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** – Access to your very own learning resources section on the NASM website to take practice exams, track your progress and access learning material.
- **Tutor support (e-mail)**
- **Comprehensive Course Manual** – NASM Introduction To Personal Fitness Training. This tool consists of all 14 key sections/modules of the IPFT course. The text is supported by graphics to maximise your learning opportunity.
- **Electronic introduction module** which covers the assessment process, sport981 background/history, NASM and Reps details, and the Sport981 appeals and Equal Opportunities policy.
- **Learner Achievement portfolio** This tool is designed to aid your learning and help track your achievement over the course duration.



## COURSE ASSESSMENT

- 1. NASM Online theory exam, 70% pass mark.**
- 2. Theory paper. Principles of exercise, fitness and health 70% pass mark.**
- 3. Theory Paper. Anatomy and physiology for exercise. 70% pass mark.**
- 4. Complete your learner achievement portfolio. This is completed in your own time throughout the course duration.**
- 5. Practical Assessment (60min practical coaching, 30mins feedback and evaluation). You will be required to take an individual through one of your case study programmes written as part of your learner achievement portfolio above. 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.**



## COURSE COST

£760.00 inc VAT

**LAUNCH YOUR NEW CAREER TODAY**

**T: 0115 8599139 e: [Info@sport981.com](mailto:Info@sport981.com)**