

# Fitness and Wellness Coach

## LEARNING OBJECTIVES



People are looking for smart, honest professionals to help them develop habits that allow them to live healthier, happier lives. With the right training, you could be the one people turn to when they're ready to put down the burger, get off the couch, and start moving.

This course is packed with extensive content that will make you the go-to authority on the topics of behavior modification, exercise routines, and injury prevention.

### Program Orientation: Personal Fitness Trainer

- Initiate Personal Fitness Trainer Program.

### Foundations of Health and Fitness

- Use a personalized approach to help create a program aimed at developing a lifetime fitness and wellness lifestyle.
- Understand and apply behavior modification techniques.
- Learn how to incorporate healthy eating guidelines to create an effective wellness program.
- Gain an understanding of personal recommended body weight and body composition and how it is vital to setting clear and realistic weight loss goals.
- Explore factors that influence weight management and the roles of exercise intensity and duration in weight management.
- Review how behavior changes and modification can support healthy and lifelong weight management.
- Learn and explore Cardiorespiratory (CR) endurance and how it is the most important component of health-related physical fitness.
- Explore the benefits of muscular fitness achieved through strength-training or resistance training for health and well-being.
- Gain an understanding of the benefits of flexibility, factors that affect how flexible a person is, and how to assess flexibility that will help develop a successful stretching program to improve overall fitness and functional mobility throughout life.
- Review exercise prescriptions to avoid injury, break through fitness plateaus, and to create training programs.
- Evaluate how risk factor management and positive lifestyle habits are the best ways to prevent Cardiovascular disease
- Analyze ways to assess stress and techniques that can help management stress.

- Become educated about addiction and the risks of substance abuse, and how to make more informed decisions when dealing with substances.

### Personal Training

- Gain knowledge of the world of personal training and some of the characteristics that pertain to the profession, and to the general world of health and fitness.
- Explore the legal aspects that will help protect the personal trainer, client, and the business.
- Review the process of personal training, from the first client consultation to creating and implementing an exercise program.
- Develop a fitness program that is safe, realistic, and efficient for their fitness clients.

### The Human Body

- Use the appropriate terminology to describe the human body.
- Identify the structures and functions of the major body systems.
- Examine common pathologies of the major body systems.

### Special Population & Human Behavior

- Explain how to properly assess clients with special needs.
- Explain the process of developing a program for a client with special needs.
- Explain the Transtheoretical Model.
- Compare the theories of behavioral change.

### Program Completion

- Prepare to take next steps for program completion.

### Total Hours: 113

### Online Coursework, Simulations, and Experiential