Personal Trainer Practical Review

.9 CEU's/ 9 CEC's

These online practical labs are a great resource for students who are preparing to take the W.I.T.S. Practical exam. The digital filmed practical skills are taught with the Fitness Professionals Handbook by Howley & Thompson, 6th edition text. This is a great study tool for anyone trying to learn the essentials of being a personal trainer. If you need follow up on training issues, then this is for you. Do not attempt any of these drills unless you have been approved for physical activity by a physician. Online version includes additional video links and materials to put you way over the top of the learning curve. You will have 24-hour access to this online course and will be able to study and review the materials at your own pace, in your own home, and a time that is convenient for you!

Review will cover the following:

- Practical Lab 1 - Health Screening and Record Keeping
- Practical Lab 2 - Tools for Monitoring Exercise Intensity; Maximal and Sub maximal Testing for CRF
- Practical Lab 3 - Assessing Cardiovascular Fitness
- Practical Lab 4 - Assessing Body Composition and Anthropometric Measurements
- Practical Lab 5 - Programming for Cardio respiratory Fitness
- Practical Lab 6 - Programming for Muscular Fitness; Weight Machines
- Practical Lab 7 - Programming for Muscular Fitness; Free Weights, Elastic Resistance and Alternative Equipment Modes
- Practical Lab 8 - Alternative Resistance, Flexibility and Core Training Looking

Learn all the key components to work with clients with hands on drills with Michelle Matte, ME & Abby Hoffman-Eastman, MS Ed.

Course Fee: $195