

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Fitness Instruction & Gym Operations

Foundation Level



LAPT — London Academy of Professional Training

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Reference FT-PTS-F • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-PTS-F
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Client Assessment and Fitness Programming 4 chapters · 20 classes 90 marks • 1 Understanding Client Needs and Health Assessments — 5 classes › 1.1 Identifying Client Fitness Goals › 1.2 Conducting Initial Health Assessments › 1.3 Analyzing Health Assessment Data › 1.4 Developing Customized Fitness Plans › 1.5 Communicating Effectively with Clients • 2 Fitness Testing and Interpretation of Results — 5 classes › 2.1 Understanding the Purpose of Fitness Testing › 2.2 Conducting Basic Fitness Assessments › 2.3 Analyzing Fitness Test Data › 2.4 Interpreting Results for Client Feedback › 2.5 Designing Personalized Fitness Programs Based on Test Results • 3 Designing Safe and Effective Fitness Programs — 5 classes › 3.1 Understand the Principles of Safe Exercise Design › 3.2 Identify Client Needs and Fitness Levels › 3.3 Develop Customized Fitness Plans › 3.4 Implement Progress Tracking and Adjustments › 3.5 Evaluate Program Effectiveness and Safety • 4 Monitoring Client Progress and Adapting Programs — 5 classes › 4.1 Understanding the Importance of Monitoring Client Progress › 4.2 Identifying Key Metrics for Assessing Client Performance › 4.3 Techniques for Accurately Recording Client Data › 4.4 Analyzing Data to Identify Patterns and Adjustments › 4.5 Implementing Program Adaptations Based on Client Feedback	2 Exercise Techniques and Application 4 chapters · 20 classes 90 marks • 1 Understanding Anatomy for Exercise Execution — 5 classes › 1.1 Explore the Basics of Human Anatomy for Exercise › 1.2 Identify Key Muscle Groups for Exercise Execution › 1.3 Understand the Skeletal System's Role in Movement › 1.4 Analyze How Joints and Ligaments Affect Flexibility › 1.5 Apply Anatomical Knowledge to Exercise Techniques • 2 Fundamental Exercise Techniques — 5 classes › 2.1 Understanding the Importance of Proper Form › 2.2 Mastering Basic Exercise Movements: Squats and Lunges › 2.3 Executing Upper Body Exercises: Push-ups and Pull-ups › 2.4 Applying Core Stability Techniques › 2.5 Integrating Flexibility and Stretching into Workouts • 3 Advanced Exercise Variations and Progressions — 5 classes › 3.1 Understanding Advanced Exercise Variations › 3.2 Identifying Muscle Groups for Progression › 3.3 Designing Customized Exercise Routines › 3.4 Implementing Safe Progressions in Training › 3.5 Evaluating Impact of Exercise Variations • 4 Applying Exercise Techniques in Program Design — 5 classes › 4.1 Understanding Fundamental Exercise Techniques › 4.2 Identifying Client Needs for Program Design › 4.3 Selecting Appropriate Exercises for Different Goals › 4.4 Integrating Techniques into Balanced Workout Plans › 4.5 Evaluating and Adjusting Exercise Programs
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3

Gym Operations and Safety

4 chapters · 20 classes

65 marks

• 1 Understanding Gym Equipment and Layout — 5 classes

- › 1.1 Exploring Basic Gym Equipment Types
- › 1.2 Identifying Functions and Uses of Gym Equipment
- › 1.3 Understanding Equipment Safety Features and Protocols
- › 1.4 Analyzing Optimal Gym Layouts for Safety and Efficiency
- › 1.5 Implementing a Safe and Effective Workout Environment

• 2 Principles of Gym Safety and Risk Management — 5 classes

- › 2.1 Understanding Gym Safety Regulations
- › 2.2 Identifying Common Gym Hazards
- › 2.3 Implementing Effective Risk Management Strategies
- › 2.4 Maintaining Equipment for Safety
- › 2.5 Responding to Emergencies in the Gym Environment

• 3 Implementing Hygiene and Maintenance Protocols — 5 classes

- › 3.1 Understanding Hygiene Standards in the Gym
- › 3.2 Identifying Essential Cleaning Equipment and Supplies
- › 3.3 Developing Daily Cleaning Schedules
- › 3.4 Implementing Equipment Maintenance Protocols
- › 3.5 Conducting Routine Safety Inspections

• 4 Client Supervision and Incident Response — 5 classes

- › 4.1 Understanding the Role of Client Supervision in Gym Safety
- › 4.2 Identifying Common Risks and Hazards in Gym Environments
- › 4.3 Implementing Effective Observation Techniques for Client Safety
- › 4.4 Developing Immediate Response Strategies for Gym Incidents
- › 4.5 Practicing Scenario-Based Incident Response and Reporting

4

Introduction to Fitness Training

4 chapters · 20 classes

65 marks

• 1 Understanding the Basics of Fitness Training — 5 classes

- › 1.1 Defining Fitness and Its Components
- › 1.2 Exploring Core Principles of Exercise
- › 1.3 Identifying Key Fitness Training Methods
- › 1.4 Understanding Safety Protocols in Fitness Training
- › 1.5 Applying Basic Fitness Training Techniques

• 2 Developing Effective Workout Routines — 5 classes

- › 2.1 Understanding Fitness Goals and Assessment
- › 2.2 Designing Balanced Workout Plans
- › 2.3 Incorporating Strength and Cardio Elements
- › 2.4 Tailoring Routines to Individual Needs
- › 2.5 Monitoring and Adjusting Workout Progress

• 3 Introduction to Strength and Conditioning Techniques — 5 classes

- › 3.1 Understanding the Basics of Strength Training
- › 3.2 Exploring Fundamental Conditioning Techniques
- › 3.3 Identifying Key Muscle Groups and Movements
- › 3.4 Demonstrating Safe and Effective Exercise Forms
- › 3.5 Applying Conditioning Principles in Workout Routines

• 4 Implementing Safe and Effective Training Practices — 5 classes

- › 4.1 Understanding Fitness Safety Protocols
- › 4.2 Identifying Common Exercise Risks
- › 4.3 Applying Principles of Effective Warm-Up and Cool-Down
- › 4.4 Designing Safe Training Programs for Beginners
- › 4.5 Evaluating and Adjusting Exercise Techniques for Safety

5

Nutrition Basics for Fitness

4 chapters · 20 classes

65 marks

• 1 Understanding Macronutrients and Their Role in Fitness — 5 classes

- › 1.1 Exploring Macronutrients: Carbohydrates, Proteins, and Fats
- › 1.2 Analyzing the Role of Carbohydrates in Fitness
- › 1.3 Understanding Protein Needs for Muscle Development
- › 1.4 Examining Fats: Types, Functions, and Importance in Fitness
- › 1.5 Balancing Macronutrients for Optimal Performance

• 2 Micronutrients: Vitamins, Minerals, and Hydration — 5 classes

- › 2.1 Identifying Essential Vitamins for Fitness
- › 2.2 Understanding the Role of Minerals in Exercise
- › 2.3 Exploring the Impact of Hydration on Performance
- › 2.4 Analyzing Vitamin and Mineral Deficiencies
- › 2.5 Applying Nutrition Principles to Optimize Hydration

• 3 Nutrition for Different Fitness Goals — 5 classes

- › 3.1 Analyzing Nutritional Needs for Strength Training
- › 3.2 Designing Diet Plans for Endurance Athletes
- › 3.3 Balancing Macronutrients for Weight Loss Goals
- › 3.4 Enhancing Muscle Gain through Optimal Nutrition
- › 3.5 Tailoring Nutrition for Recovery and Injury Prevention

• 4 Developing Personalized Nutrition Plans for Clients — 5 classes

- › 4.1 Understanding Client Goals and Nutritional Needs
- › 4.2 Assessing Dietary Preferences and Restrictions
- › 4.3 Analyzing Nutritional Information and Requirements
- › 4.4 Designing Balanced Meal Plans for Different Goals
- › 4.5 Evaluating and Adjusting Nutrition Plans for Client Success

• 1 Understanding Professional Roles in Fitness — 5 classes

- › 1.1 Identifying Key Professional Roles in Fitness
- › 1.2 Defining Responsibilities and Expectations in Fitness Roles
- › 1.3 Exploring Effective Communication in Fitness Settings
- › 1.4 Building Rapport and Trust with Clients
- › 1.5 Implementing Professional Conduct in Gym Environments

• 2 Effective Communication Skills for Client Interaction — 5 classes

- › 2.1 Understanding the Basics of Effective Communication
- › 2.2 Developing Active Listening Skills for Client Engagement
- › 2.3 Mastering Verbal and Non-Verbal Communication Techniques
- › 2.4 Handling Client Feedback and Managing Expectations
- › 2.5 Applying Communication Strategies in Real-Life Scenarios

• 3 Customer Service Excellence in Fitness Environments — 5 classes

- › 3.1 Understanding Customer Expectations in Fitness
- › 3.2 Developing Communication Skills for Fitness Professionals
- › 3.3 Implementing Active Listening in Customer Interactions
- › 3.4 Resolving Customer Complaints Effectively
- › 3.5 Enhancing Customer Experience Through Feedback and Improvement

• 4 Managing Client Feedback and Resolving Conflicts — 5 classes

- › 4.1 Understanding the Role of Client Feedback
- › 4.2 Techniques for Effective Feedback Collection
- › 4.3 Analyzing and Interpreting Client Feedback
- › 4.4 Strategies for Addressing Negative Feedback
- › 4.5 Conflict Resolution Skills in Fitness Environments