

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Adv Certificate in Personal Training & Program Design

Practitioner Level



LAPT — London Academy of Professional Training

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Reference FT-PTS-P • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

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

CURRICULUM

1

Advanced Exercise Physiology

5 chapters · 30 classes 90 marks

• 1 Foundations of Human Physiology in Exercise — 6 classes

› 1.1 Understanding the Structure of Human Muscle Systems

› 1.2 Exploring Cellular Respiration During Exercise

› 1.3 Analyzing the Nervous System's Role in Exercise

› 1.4 Investigating Cardiovascular Adaptations to Exercise

› 1.5 Examining Respiratory Function and Exercise Performance

› 1.6 Applying Biomechanical Principles to Exercise Program Design

• 2 Energy Systems and Metabolism During Physical Activity — 6 classes

› 2.1 Exploring the Basics of Energy Systems

› 2.2 Understanding ATP: The Energy Currency

› 2.3 Identifying the Role of the Phosphagen System

› 2.4 Analyzing Glycolytic Pathways in Exercise

› 2.5 Examining Aerobic Metabolism and Endurance

› 2.6 Applying Energy System Knowledge to Training Programs

• 3 Neuromuscular Physiology and Adaptations to Training — 6 classes

› 3.1 Understand the Structure and Function of Muscle Fibers

› 3.2 Explore the Neurological Pathways in Muscle Contraction

› 3.3 Analyze the Role of Motor Units in Strength and Power

› 3.4 Examine Muscle Plasticity and Training Adaptations

› 3.5 Evaluate Endurance Training Effects on Neuromuscular Systems

› 3.6 Apply Training Principles to Optimize Neuromuscular Performance

• 4 Cardiopulmonary Responses and Adaptations — 6 classes

› 4.1 Understand Cardiopulmonary Functions during Exercise

› 4.2 Explore Oxygen Transport and Utilization

› 4.3 Analyze the Role of Ventilation in Performance

› 4.4 Examine Cardiovascular Adaptations to Training

› 4.5 Identify Respiratory System Adaptations

› 4.6 Apply Cardiopulmonary Principles to Program Design

• 5 Environmental and Stress Factors in Exercise Physiology — 6 classes

› 5.1 Understanding Environmental Impacts on Exercise Physiology

› 5.2 Analyzing the Effects of Temperature on Physical Performance

› 5.3 Exploring Altitude's Role in Exercise Adaptations

› 5.4 Investigating Humidity and Its Influence on Exercise Physiology

› 5.5 Identifying Stressors and Their Physiological Responses

› 5.6 Applying Strategies to Mitigate Environmental and Stress Factors

• 1 Understanding Fitness Assessments — 6 classes

- › 1.1 Defining Fitness Assessments and Their Importance
- › 1.2 Exploring Key Fitness Assessment Components
- › 1.3 Identifying Client-Specific Assessment Needs
- › 1.4 Conducting Pre-Assessment Preparations
- › 1.5 Implementing Fitness Assessment Techniques
- › 1.6 Evaluating and Communicating Assessment Results

• 2 Conducting Initial Client Assessments — 6 classes

- › 2.1 Understanding the Importance of Client Assessments
- › 2.2 Identifying Client Goals and Expectations
- › 2.3 Gathering Health and Fitness History
- › 2.4 Conducting Physical Assessments and Measurements
- › 2.5 Analyzing Assessment Data for Program Design
- › 2.6 Providing Constructive Feedback to Clients

• 3 Interpreting Assessment Results — 6 classes

- › 3.1 Understanding Key Assessment Metrics
- › 3.2 Analyzing Client Baseline Data
- › 3.3 Utilizing Comparative Analysis Techniques
- › 3.4 Identifying Trends in Assessment Results
- › 3.5 Communicating Findings to Clients
- › 3.6 Formulating Actionable Client Feedback

• 4 Designing Tailored Training Programs — 6 classes

- › 4.1 Understanding Client Needs and Goals
- › 4.2 Analyzing Client Capabilities and Limitations
- › 4.3 Establishing Baseline Fitness Levels
- › 4.4 Selecting Appropriate Exercise Modalities
- › 4.5 Structuring a Customized Workout Plan
- › 4.6 Implementing Real-Time Feedback for Program Adjustment

• 5 Effective Feedback and Progress Evaluation — 6 classes

- › 5.1 Understanding the Basics of Effective Feedback
- › 5.2 Identifying Individual Client Needs for Tailored Assessments
- › 5.3 Developing Active Listening Skills for Better Feedback
- › 5.4 Implementing Constructive Feedback Techniques
- › 5.5 Utilizing Progress Evaluation Tools Effectively
- › 5.6 Designing a Feedback Loop for Continuous Improvement

• 1 Understanding Emerging Trends in Fitness — 6 classes

- › 1.1 Exploring the Rise of Functional Fitness
- › 1.2 Analyzing the Impact of Technology on Training
- › 1.3 Understanding the Growth of Holistic Health Practices
- › 1.4 Investigating Sustainable Fitness Models
- › 1.5 Evaluating the Popularity of Group Exercise Trends
- › 1.6 Applying Emerging Trends to Personal Training Programs

• 2 Integrating Wearable Technology in Training Programs — 6 classes

- › 2.1 Understanding Wearable Technology in Fitness
- › 2.2 Exploring Types of Wearable Fitness Devices
- › 2.3 Analyzing Data from Wearable Technology
- › 2.4 Incorporating Wearables into Training Programs
- › 2.5 Customizing Fitness Programs with Wearable Insights
- › 2.6 Evaluating the Impact of Wearable Technology on Performance

• 3 The Role of Virtual and Online Training — 6 classes

- › 3.1 Understanding the Growth of Virtual and Online Training
- › 3.2 Exploring Key Technologies in Virtual Fitness Platforms
- › 3.3 Analyzing the Benefits and Challenges of Online Training
- › 3.4 Examining Innovative Online Fitness Business Models
- › 3.5 Strategies for Effective Virtual Client Engagement
- › 3.6 Designing Personalised Online Training Programs

• 4 Incorporating Mindfulness and Wellness into Training — 6 classes

- › 4.1 Understanding Mindfulness: Concepts and Benefits
- › 4.2 Exploring Wellness: Dimensions and Importance in Fitness
- › 4.3 Integrating Mindful Practices into Personal Training Sessions
- › 4.4 Designing Wellness-Centric Fitness Programs
- › 4.5 Practicing Mindfulness Techniques: Breathing and Visualization
- › 4.6 Evaluating Client Wellness Progress: Tools and Techniques

• 5 Adaptive and Personalized Fitness Programs — 6 classes

- › 5.1 Explore the Basics of Adaptive Fitness
- › 5.2 Identify Client Needs for Personalized Programs
- › 5.3 Analyze Data for Tailored Fitness Solutions
- › 5.4 Incorporate Technology in Adaptive Workouts
- › 5.5 Apply Strategies for Individual Fitness Goals
- › 5.6 Evaluate the Effectiveness of Personalized Programs

• 1 Fundamentals of Injury Prevention — 6 classes

- › 1.1 Understanding the Mechanics of Injury Prevention
- › 1.2 Identifying Risk Factors for Common Injuries
- › 1.3 Implementing Effective Warm-up and Cool-down Routines
- › 1.4 Techniques for Enhancing Flexibility and Stability
- › 1.5 Utilizing Proper Equipment and Environment for Safety
- › 1.6 Developing Personalized Injury Prevention Strategies

• 2 Anatomy and Movement Mechanics — 6 classes

- › 2.1 Exploring the Basics of Human Anatomy
- › 2.2 Understanding Muscle and Joint Functions
- › 2.3 Analyzing Movement Patterns and Planes
- › 2.4 Identifying Common Movement Dysfunctions
- › 2.5 Applying Biomechanics to Injury Prevention
- › 2.6 Designing Safe and Effective Movement Programs

• 3 Assessment and Screening Techniques — 6 classes

- › 3.1 Understanding the Role of Assessment in Injury Prevention
- › 3.2 Identifying Key Screening Techniques for Common Injuries
- › 3.3 Conducting a Comprehensive Health and Fitness Evaluation
- › 3.4 Implementing Functional Movement Screenings
- › 3.5 Analyzing Screening Data to Identify Potential Risks
- › 3.6 Developing Tailored Intervention Strategies Based on Assessments

• 4 Program Design for Injury Prevention — 6 classes

- › 4.1 Understanding Injury Risk Factors in Program Design
- › 4.2 Identifying Common Injuries in Fitness Training
- › 4.3 Integrating Warm-Up Strategies for Injury Prevention
- › 4.4 Designing Customizable Injury Prevention Programs
- › 4.5 Implementing Recovery Techniques into Training Plans
- › 4.6 Evaluating and Adjusting Programs for Ongoing Prevention

• 5 Injury Management and Rehabilitation — 6 classes

- › 5.1 Understand the Phases of Injury Management
- › 5.2 Identify Common Sports Injuries and Their Causes
- › 5.3 Apply Basic First Aid Techniques for Acute Injuries
- › 5.4 Implement Strategies for Injury Rehabilitation
- › 5.5 Monitor Progress and Adapt Rehabilitation Plans
- › 5.6 Integrate Injury Prevention into Fitness Programming

• 1 Fundamentals of Program Design Principles — 6 classes

- › 1.1 Understanding Key Principles of Program Design
- › 1.2 Analyzing Client Needs and Goals
- › 1.3 Structuring Effective Training Phases
- › 1.4 Implementing Progressive Overload Techniques
- › 1.5 Balancing Intensity and Volume for Optimal Results
- › 1.6 Evaluating and Adjusting Programs for Client Progress

• 2 Assessment and Individualization Techniques — 6 classes

- › 2.1 Understanding Client Needs Through Assessment
- › 2.2 Using Fitness Assessments to Tailor Programs
- › 2.3 Analyzing Assessment Data for Personalization
- › 2.4 Designing Individualized Program Frameworks
- › 2.5 Implementing Periodization Strategies
- › 2.6 Monitoring and Adjusting Programs for Effectiveness

• 3 Designing Resistance Training Programs — 6 classes

- › 3.1 Understanding the Principles of Resistance Training
- › 3.2 Identifying Client Needs and Goals
- › 3.3 Selecting Appropriate Exercise Modalities
- › 3.4 Structuring Training Sessions for Optimal Results
- › 3.5 Implementing Periodisation Techniques
- › 3.6 Evaluating and Adjusting Training Programs

• 4 Incorporating Aerobic and Anaerobic Conditioning — 6 classes

- › 4.1 Understanding Aerobic vs Anaerobic Systems
- › 4.2 Exploring Energy Pathways in Exercise
- › 4.3 Designing Aerobic Conditioning Programs
- › 4.4 Implementing Anaerobic Training Techniques
- › 4.5 Integrating Conditioning into Training Cycles
- › 4.6 Evaluating and Adjusting Conditioning Plans

• 5 Advanced Periodisation Strategies — 6 classes

- › 5.1 Exploring the Principles of Advanced Periodisation
- › 5.2 Analyzing Different Types of Periodisation Models
- › 5.3 Integrating Microcycles and Mesocycles Effectively
- › 5.4 Applying Undulating Periodisation in Training Programs
- › 5.5 Optimizing Performance Through Linear Periodisation Techniques
- › 5.6 Designing Customized Periodisation Plans for Clients

• 1 Principles of Strength Conditioning — 6 classes

- › 1.1 Understanding the Foundations of Strength Conditioning
- › 1.2 Exploring Key Muscle Groups and Their Functions
- › 1.3 Analyzing the Role of Neuromuscular Adaptations
- › 1.4 Identifying Effective Strength Training Methods
- › 1.5 Evaluating the Impact of Overload and Progression
- › 1.6 Designing a Balanced Strength Conditioning Program

• 2 Biomechanics and Muscle Function — 6 classes

- › 2.1 Discovering Basic Biomechanics
- › 2.2 Exploring Muscle Anatomy and Function
- › 2.3 Analyzing Joint Movements and Levers
- › 2.4 Understanding Muscle Contraction Types
- › 2.5 Examining Force Production and Stabilization
- › 2.6 Applying Biomechanics to Strength Conditioning

• 3 Resistance Training Techniques — 6 classes

- › 3.1 Understanding Resistance Training Principles
- › 3.2 Mastering Basic Resistance Exercises
- › 3.3 Learning Proper Form and Technique
- › 3.4 Implementing Progressive Overload Strategies
- › 3.5 Adapting Exercises for Individual Needs
- › 3.6 Designing Balanced Resistance Training Programs

• 4 Program Design and Periodization — 6 classes

- › 4.1 Understand the Fundamentals of Program Design
- › 4.2 Explore Key Principles of Periodization
- › 4.3 Analyze Various Periodization Models
- › 4.4 Develop a Tailored Training Plan
- › 4.5 Implement Microcycles and Mesocycles
- › 4.6 Evaluate and Adjust Training Programs

• 5 Advanced Strength Conditioning Techniques — 6 classes

- › 5.1 Understanding Advanced Strength Conditioning Principles
- › 5.2 Implementing Periodization in Strength Programs
- › 5.3 Exploring Plyometric Training Techniques
- › 5.4 Applying Advanced Resistance Training Methods
- › 5.5 Integrating Olympic Lifting into Conditioning Regimens
- › 5.6 Evaluating and Modifying Strength Programs for Individual Needs