LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Personal Training and Programme Design

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LAPT — London Academy of Professional Training

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Reference HEA-C02 • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	139	821	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**HEA-C02**
AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1

Health, Safety, First Aid and Risk Management in Fitness

37 chapters · 207 classes **100 marks**

- **1 Understanding Health and Safety Regulations in Fitness Facilities** — 6 classes
  - 1.1 Exploring Health and Safety Legislation
  - 1.2 Identifying Common Hazards in Fitness Facilities
  - 1.3 Understanding Risk Assessment Procedures
  - 1.4 Implementing Safety Protocols in Gym Operations
  - 1.5 Ensuring Compliance with Regulation Standards
  - 1.6 Evaluating Safety Measures Through Case Studies
- **2 Risk Assessment and Management in Gym Environments** — 6 classes
  - 2.1 Understanding the Principles of Risk Assessment
  - 2.2 Identifying Potential Hazards in Gym Environments
  - 2.3 Analyzing the Impact of Environmental Hazards
  - 2.4 Developing Strategies for Risk Mitigation
  - 2.5 Implementing Risk Management Procedures
  - 2.6 Evaluating the Effectiveness of Risk Management Plans
- **3 Emergency Procedures and Incident Response in Fitness Operations** — 6 classes
  - 3.1 Understanding Emergency Procedures in Gym Environments
  - 3.2 Recognizing Common Incidents and Hazards in Fitness Operations
  - 3.3 Implementing Response Protocols During Emergencies
  - 3.4 Coordinating Team Roles in Emergency Situations
  - 3.5 Conducting Regular Safety Drills and Evaluations
  - 3.6 Reviewing and Improving Incident Response Strategies
- **4 Ensuring Equipment Safety and Maintenance Compliance** — 6 classes
  - 4.1 Understanding Equipment Safety Standards
  - 4.2 Identifying Common Equipment Hazards
  - 4.3 Implementing Routine Equipment Inspections
  - 4.4 Conducting Effective Preventive Maintenance
  - 4.5 Documenting Maintenance and Safety Checks
  - 4.6 Applying Compliance Measures in Equipment Management
- **5 Promoting Safety Culture and Staff Training in Fitness Facilities** — 6 classes
  - 5.1 Understanding Safety Culture in Fitness Facilities
  - 5.2 Identifying Common Hazards and Risks in Gym Environments
  - 5.3 Implementing Safety Protocols and Emergency Procedures
  - 5.4 Developing Effective Safety Training Programs for Staff
  - 5.5 Encouraging Accountability and Reporting in Safety Practices
  - 5.6 Evaluating and Improving Safety Measures in Fitness Operations
- **1 Licensing and Permits** — 6 classes
  - 1.1 Understanding Licensing Requirements
  - 1.2 Types of Permits Needed
  - 1.3 Application Process for Licenses
  - 1.4 Compliance with Local Laws
  - 1.5 Renewal of Licenses
  - 1.6 Consequences of Non-Compliance
- **2 Health and Safety Regulations** — 6 classes
  - 2.1 Importance of Health Regulations
  - 2.2 Safety Standards in Fitness
  - 2.3 Emergency Procedures and Protocols
  - 2.4 Risk Assessment Techniques
  - 2.5 Training Staff on Safety
  - 2.6 Monitoring Compliance Effectively
- **3 Franchise Disclosure Documents** — 6 classes
  - 3.1 Understanding FDD Components
  - 3.2 Legal Requirements for FDD
  - 3.3 Preparing the FDD
  - 3.4 Reviewing FDD with Franchisees
  - 3.5 Updates and Amendments
  - 3.6 Common Pitfalls in FDD
- **4 Intellectual Property Rights** — 6 classes
  - 4.1 Types of Intellectual Property
  - 4.2 Trademark Registration Process
  - 4.3 Protecting Trade Secrets
- **3 Safe Studio Design and Equipment Maintenance** — 6 classes
  - 3.1 Understanding Studio Safety Frameworks
  - 3.2 Identifying Common Hazards in Fitness Studios
  - 3.3 Implementing Effective Safety Protocols
  - 3.4 Exploring Ergonomic Principles in Studio Design
  - 3.5 Conducting Regular Equipment Inspections
  - 3.6 Developing a Maintenance Schedule for Studio Equipment
- **4 Emergency Response and First Aid Procedures** — 6 classes
  - 4.1 Recognizing Fitness Class Emergencies
  - 4.2 Assessing and Prioritizing Injuries
  - 4.3 Applying First Aid for Common Injuries
  - 4.4 Understanding CPR Procedures in Fitness Settings
  - 4.5 Coordinating with Emergency Services
  - 4.6 Developing an Emergency Action Plan
- **5 Implementing Health and Safety Best Practices** — 6 classes
  - 5.1 Understanding Key Health and Safety Regulations
  - 5.2 Identifying Common Hazards in Fitness Settings
  - 5.3 Conducting Risk Assessments Effectively
  - 5.4 Implementing Emergency Procedures and Protocols
  - 5.5 Ensuring Safe Use of Equipment and Facility
  - 5.6 Promoting a Culture of Health and Safety Among Clients
- **1 Legal Frameworks and Safety Standards in Fitness Facilities** — 6 classes
  - 1.1 Understanding Health and Safety Legislation in Fitness
  - 1.2 Navigating Workplace Safety Regulations for Fitness Facilities
  - 1.3 Identifying Key Health and Safety Roles and Responsibilities
  - 1.4 Implementing Risk Assessments in Fitness Environments
  - 1.5 Developing Safety Standards and Best Practices for Staff
  - 1.6 Evaluating Compliance Through Safety Audits and Inspections
- **2 Risk Assessment and Incident Management** — 6 classes
  - 2.1 Understanding Health and Safety Legislation in the Studio Environment
  - 2.2 Identifying Potential Hazards in Studio Operations
  - 2.3 Conducting Effective Risk Assessments for Studio Activities
  - 2.4 Developing and Implementing Safety Protocols
  - 2.5 Responding to Incidents: Immediate Actions and Reporting
  - 2.6 Evaluating Incident Reports to Improve Safety Practices
- **3 Emergency Procedures and First Aid** — 6 classes
  - 3.1 Understanding Emergency Protocols
  - 3.2 Identifying Workplace Hazards
  - 3.3 Implementing Emergency Evacuation Plans
  - 3.4 Administering Basic First Aid Techniques
  - 3.5 Evaluating Emergency Response Scenarios
  - 3.6 Applying Health and Safety Regulations
- **4 Equipment Safety and Maintenance** — 6 classes
  - 4.1 Understanding Equipment Specifications and Uses
  - 4.2 Identifying Common Equipment Hazards
  - 4.3 Implementing Equipment Safety Protocols
  - 4.4 Conducting Routine Equipment Inspections
  - 4.5 Performing Basic Equipment Maintenance Tasks
  - 4.6 Developing Emergency Procedures for Equipment Failures
- **5 Creating a Safe and Inclusive Fitness Environment** — 6 classes
  - 5.1 Understanding Health and Safety Regulations in Fitness
  - 5.2 Identifying Common Risks in Fitness Environments
  - 5.3 Implementing Safety Protocols for Equipment Use
  - 5.4 Promoting Inclusivity and Accessibility in Fitness Spaces
  - 5.5 Conducting Safety Audits and Risk Assessments
  - 5.6 Responding to Emergencies and Ensuring Participant Safety
- **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 Professional Practice, Ethics and Client Communication

23 chapters · 130 classes **100 marks**

- **1 Understanding the Basics of Customer Service in Fitness** — 5 classes
  - 1.1 Defining Customer Service in the Fitness Industry
  - 1.2 Recognizing Different Customer Needs and Expectations
  - 1.3 Developing Effective Communication Skills
  - 1.4 Implementing Strategies for Positive Customer Interactions
  - 1.5 Evaluating and Improving Customer Service Practices
- **2 Building Effective Communication Skills** — 5 classes
  - 2.1 Understanding the Principles of Effective Communication
  - 2.2 Developing Active Listening Skills
  - 2.3 Mastering Non-Verbal Communication Techniques
  - 2.4 Practicing Clarity and Conciseness in Speech
  - 2.5 Applying Effective Communication in Customer Interactions
- **3 Implementing Customer Relationship Management Strategies** — 5 classes
  - 3.1 Understanding the Role of CRM in Fitness Sales
  - 3.2 Identifying Customer Needs through CRM Tools
  - 3.3 Developing Personalized Customer Engagement Strategies
  - 3.4 Utilizing CRM Data to Enhance Customer Satisfaction
  - 3.5 Evaluating the Success of CRM Strategies in Fitness Environments
- **4 Handling Complaints and Creating Positive Member Experiences** — 5 classes
  - 4.1 Understanding Member Feedback: The Key to Improvement
  - 4.2 Identifying Common Complaints in Fitness Facilities
  - 4.3 Effective Communication Techniques for Resolving Disputes
  - 4.4 Strategies for Turning Negative Experiences into Positive Outcomes
  - 4.5 Implementing Continuous Improvement from Member Feedback
- **1 Understanding Customer Service in Fitness Facilities** — 6 classes
  - 1.1 Exploring the Foundations of Customer Service in Fitness
  - 1.2 Identifying the Needs and Expectations of Gym Members
  - 1.3 Enhancing Communication Skills for Effective Customer Interactions
  - 1.4 Resolving Common Customer Complaints and Issues
  - 1.5 Implementing Techniques for Exceptional Service Delivery
  - 1.6 Applying Feedback for Continuous Customer Service Improvement
- **2 Communication Skills for Effective Client Interaction** — 6 classes
  - 2.1 Understanding the Importance of Client Interaction
  - 2.2 Mastering Verbal Communication Techniques
  - 2.3 Enhancing Non-Verbal Communication Skills
  - 2.4 Building Active Listening Abilities
  - 2.5 Applying Empathy in Client Conversations
  - 2.6 Handling Difficult Client Interactions Effectively
- **3 Handling Complaints and Customer Feedback** — 6 classes
  - 3.1 Understanding Customer Expectations
  - 3.2 Effective Communication Techniques
  - 3.3 Building Rapport with Customers
  - 3.4 Strategies for Resolving Conflicts
  - 3.5 Follow-Up Practices for Satisfaction
  - 3.6 Feedback Collection Methods
- **4 Building Client Relationships and Community** — 6 classes
  - 4.1 Understanding Client Needs
  - 4.2 Effective Communication Skills
  - 4.3 Creating a Welcoming Environment
  - 4.4 Building Trust with Clients
  - 4.5 Handling Client Feedback
  - 4.6 Fostering Community Engagement
- **5 Implementing Service Excellence Measures** — 6 classes
  - 5.1 Understanding Customer Expectations
  - 5.2 Measuring Service Quality
  - 5.3 Creating a Customer-Centric Culture
  - 5.4 Handling Customer Complaints Effectively
  - 5.5 Training Staff for Service Excellence
  - 5.6 Feedback Mechanisms for Improvement
- **1 Understanding Professional Standards** — 6 classes
  - 1.1 Defining Professionalism in Fitness
- **4 Maintaining Professional Relationships** — 6 classes
  - 4.1 Networking in the Fitness Industry
  - 4.2 Collaborating with Other Professionals
  - 4.3 Conflict Resolution Strategies
  - 4.4 Providing Constructive Feedback
  - 4.5 Fostering a Supportive Environment
  - 4.6 Understanding Team Dynamics
- **5 Handling Ethical Dilemmas** — 6 classes
  - 5.1 Identifying Ethical Dilemmas
  - 5.2 Frameworks for Resolving Dilemmas
  - 5.3 Case Studies on Ethical Dilemmas
  - 5.4 Seeking Guidance in Ethical Issues
  - 5.5 Reflecting on Personal Values
  - 5.6 Developing a Personal Ethical Code
- **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
- **1 Understanding Client Needs in Correctional Exercise** — 6 classes
  - 1.1 Identifying Client Correctional Exercise Needs
  - 1.2 Conducting a Comprehensive Needs Assessment
  - 1.3 Analyzing Movement Dysfunction Patterns
  - 1.4 Setting Client-Centric Corrective Goals
  - 1.5 Developing a Personalized Correctional Plan
  - 1.6 Building Effective Client Communication Strategies
- **2 Building Effective Communication Strategies** — 6 classes
  - 2.1 Understanding the Basics of Effective Communication
  - 2.2 Identifying Barriers to Successful Client Interaction
  - 2.3 Developing Active Listening Skills
  - 2.4 Enhancing Non-Verbal Communication Techniques
  - 2.5 Practicing Empathy in Client Conversations
  - 2.6 Applying Communication Strategies in Real-World Scenarios
- **3 Developing Personalized Exercise Plans** — 6 classes
  - 3.1 Understanding Client Needs and Goals
  - 3.2 Assessing Fitness Levels and Medical History
  - 3.3 Identifying Corrective Exercise Priorities
  - 3.4 Designing Custom Exercise Programs
  - 3.5 Implementing Safety and Modifications
  - 3.6 Evaluating and Adjusting Exercise Plans
- **4 Implementing Client Feedback and Monitoring Progress** — 6 classes
  - 4.1 Understanding the Importance of Client Feedback
  - 4.2 Techniques for Collecting Effective Client Feedback
  - 4.3 Analyzing and Interpreting Feedback for Client Growth

3

Programme Design and Periodisation

62 chapters · 358 classes **100 marks**

- **1 Foundations of Nutritional Science and Metabolic Health** — 6 classes
  - 1.1 Exploring Nutrient Basics and Their Functions
  - 1.2 Understanding Metabolism and Its Role in Health
  - 1.3 Examining Macronutrients: Carbohydrates, Fats, and Proteins
  - 1.4 Investigating Micronutrients: Vitamins and Minerals
  - 1.5 Analyzing the Impact of Diet on Metabolic Health
  - 1.6 Applying Nutritional Principles to Real-World Scenarios
- **2 Macronutrients: Balancing Carbohydrates, Proteins, and Fats** — 6 classes
  - 2.1 Understanding Macronutrients: Carbohydrates, Proteins, and Fats Defined
  - 2.2 Exploring Carbohydrates: Functions and Sources
  - 2.3 Examining Proteins: Roles in Body Repair and Growth
  - 2.4 Analyzing Fats: Identifying Healthy vs. Unhealthy Types
  - 2.5 Balancing Macronutrients: Creating a Balanced Meal Plan
  - 2.6 Applying Nutritional Programming: Real-World Scenarios and Adjustments
- **3 Micronutrients and Their Role in Metabolic Programming** — 6 classes
  - 3.1 Understanding Micronutrients and Their Function in the Body
  - 3.2 Exploring the Role of Vitamins in Metabolic Processes
  - 3.3 Analyzing the Impact of Minerals on Weight Management
  - 3.4 Investigating Trace Elements Essential for Metabolic Health
  - 3.5 Evaluating Micronutrient Deficiencies and Their Consequences
  - 3.6 Applying Micronutrient Knowledge to Personal Nutrition Plans
- **4 Dietary Strategies for Weight Management** — 6 classes
  - 4.1 Understanding Energy Balance in Weight Management
  - 4.2 Identifying Macronutrient Roles in Dietary Strategies
  - 4.3 Analyzing the Impact of Meal Timing and Frequency
  - 4.4 Exploring Behavioral Approaches to Eating Habits
  - 4.5 Evaluating Popular Diet Plans and Their Efficacy
  - 4.6 Customizing Nutritional Plans for Individual Needs
- **5 Implementing and Adjusting Nutritional Plans for Diverse Populations** — 6 classes
  - 5.1 Understanding Diverse Dietary Needs
  - 5.2 Analyzing Nutritional Requirements for Different Populations
  - 5.3 Developing Customized Nutritional Plans
  - 5.4 Implementing Nutritional Plans in Real-World Scenarios
  - 5.5 Monitoring Progress and Adjusting Plans
  - 5.6 Evaluating the Effectiveness of Nutritional Interventions
- **1 Chapter 1 — Foundations of Innovative Programme Design** — 6 classes
  - 1.1 Understanding the Principles of Innovative Programme Design
  - 1.2 Analyzing Current Trends in Programme Development
  - 1.3 Identifying Key Components of Effective Programmes
  - 1.4 Exploring Creative Approaches to Programme Structure
  - 1.5 Developing Objectives for Innovative Outcomes
  - 1.6 Implementing Design Strategies for Real-World Application
- **2 Chapter 2 — Creative Integration of Fitness Modalities** — 6 classes
  - 2.1 Understanding Fitness Modalities and Their Benefits
  - 2.2 Exploring Creative Synergies Between Different Modalities
  - 2.3 Analyzing Successful Integration Examples
  - 2.4 Designing a Balanced Multi-Modality Fitness Programme
  - 2.5 Implementing Innovative Techniques in Studio Classes
  - 2.6 Evaluating and Adapting Integrated Fitness Programmes
- **3 Chapter 3 — Advanced Techniques in Block and Cycle Programming** — 6 classes
  - 3.1 Understanding Block and Cycle Programming Concepts
  - 3.2 Analyzing Benefits of Advanced Programming Techniques
  - 3.3 Designing Effective Block Schedules for Studios
  - 3.4 Implementing Cycle Programming in Diverse Activities
  - 3.5 Evaluating the Impact of Program Design on Learning
  - 3.6 Innovating with Customized Program Cycles
- **4 Chapter 4 — Customizing Programs for Specific Populations** — 6 classes
- **5 Advanced Strategies for Programme Optimization** — 6 classes
  - 5.1 Understanding the Principles of Programme Optimization
  - 5.2 Analyzing Performance Metrics for Targeted Improvements
  - 5.3 Integrating Periodization Techniques in Programme Design
  - 5.4 Applying Progressive Overload to Enhance Performance
  - 5.5 Customizing Training Variables for Individual Athlete Needs
  - 5.6 Evaluating Programme Effectiveness and Making Adjustments
- **6 Coaching Session Preparation** — 6 classes
  - 6.1 Understanding Coaching Objectives
  - 6.2 Assessing Athlete Needs
  - 6.3 Designing Effective Session Plans
  - 6.4 Incorporating Safety Protocols
  - 6.5 Setting Up Training Equipment
  - 6.6 Evaluating Session Outcomes
- **1 Principles of High-Performance Programme Design** — 6 classes
  - 1.1 Define High-Performance Sports Programmes
  - 1.2 Analyse Key Elements of Successful Programmes
  - 1.3 Explore Athlete-Centric Programme Designs
  - 1.4 Integrate Sports Science into Programme Planning
  - 1.5 Evaluate Programme Management Strategies
  - 1.6 Develop Customised Performance Pathways
- **2 Assessment and Goal Setting in Sports Management** — 6 classes
  - 2.1 Understanding the Importance of Assessment in Sports Management
  - 2.2 Identifying Key Performance Indicators for Athletes
  - 2.3 Designing Effective Assessment Tools for Performance Measurement
  - 2.4 Setting Strategic Short-Term and Long-Term Goals
  - 2.5 Aligning Athlete Goals with Team Objectives
  - 2.6 Developing an Action Plan for Goal Achievement and Monitoring
- **3 Advanced Strength and Conditioning Techniques** — 6 classes
  - 3.1 Assessing Athlete Needs for Strength and Conditioning
  - 3.2 Exploring Advanced Resistance Training Techniques
  - 3.3 Integrating Plyometric Training for Performance Enhancement
  - 3.4 Applying Periodization Strategies for Peak Performance
  - 3.5 Utilizing Recovery Protocols to Maximize Training Efficacy
  - 3.6 Evaluating the Impact of Nutrition on Strength Training Outcomes
- **4 Nutrition and Recovery Strategies for Peak Performance** — 6 classes
  - 4.1 Understand the Role of Nutrition in Sports Performance
  - 4.2 Explore Macronutrient Needs for Athletes
  - 4.3 Analyze the Impact of Hydration on Recovery
  - 4.4 Develop Personalized Nutrition Plans for Athletes
  - 4.5 Implement Effective Recovery Techniques
  - 4.6 Evaluate Nutrition and Recovery Strategies for Optimizing Performance
- **5 Technology and Data Analysis in Sports Programme Optimization** — 6 classes
  - 5.1 Understanding the Role of Technology in Sports
  - 5.2 Analyzing Data Sources for Performance Optimization
  - 5.3 Leveraging Wearable Technology for Athlete Monitoring
  - 5.4 Utilizing Data Analytics for Strategic Decision-Making
  - 5.5 Implementing Software Tools for Data Visualization
  - 5.6 Evaluating the Impact of Technology on Program Outcomes
- **1 Understanding Wellness Foundations and Principles** — 5 classes
  - 1.1 Exploring the Dimensions of Wellness
  - 1.2 Defining Core Wellness Principles
  - 1.3 Analyzing the Impact of Lifestyle Choices
  - 1.4 Identifying Barriers to Personal Wellness
  - 1.5 Applying Wellness Principles to Daily Life
- **2 Components of a Balanced Wellness Programme** — 5 classes
  - 2.1 Understanding the Core Elements of Wellness
  - 2.2 Exploring Physical and Mental Health Balance
  - 2.3 Integrating Nutrition and Exercise Components
  - 2.4 Creating Personalized Wellness Goals
  - 2.5 Evaluating and Adjusting Wellness Plans
- **3 Developing Personalized Wellness Programmes** — 5 classes

4 **Advanced Exercise Physiology and Biomechanics** 17 chapters · 126 classes **100 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
- **6 Exercise Physiology and Client Assessment** — 6 classes
  - 6.1 Introduction to Exercise Physiology
  - 6.2 Understanding Growth and Development
  - 6.3 Assessing Children's Fitness Levels
  - 6.4 Designing Age-Appropriate Workouts
  - 6.5 Instructing Safe Exercise Techniques
  - 6.6 Monitoring Progress and Feedback
- **1 Understanding Human Movement and Biomechanical Principles** — 6 classes
  - 1.1 Exploring the Fundamentals of Human Movement
  - 1.2 Analyzing Joint Functions and Their Roles
  - 1.3 Identifying Key Muscle Groups in Movement
  - 1.4 Understanding Biomechanical Forces and Their Impact
  - 1.5 Applying Movement Analysis in Real-World Scenarios
  - 1.6 Integrating Biomechanical Principles into Injury Prevention
- **2 Kinematic Analysis of Movement Patterns** — 6 classes
  - 2.1 Understanding Kinematics: An Introduction to Motion Analysis
  - 2.2 Analyzing Linear and Angular Kinematics in Human Movement
  - 2.3 Exploring Speed, Velocity, and Acceleration in Athletic Performance
  - 2.4 Identifying Movement Patterns: Techniques and Tools
  - 2.5 Evaluating Joint Angles and Their Role in Functional Movements
  - 2.6 Applying Kinematic Analysis: Case Studies in Injury Prevention
- **3 Kinetic Analysis and Force Dynamics** — 6 classes
  - 3.1 Understand the Fundamentals of Force in Human Movement
  - 3.2 Explore Kinetic Chains and Their Role in Movement Efficiency
  - 3.3 Analyze Forces and Their Impact on Joint Stability
  - 3.4 Evaluate Ground Reaction Forces in Various Activities
- **4 Movement Dysfunctions and Biomechanical Deviations** — 6 classes
  - 4.1 Understanding Movement Dysfunctions: Key Concepts and Definitions
  - 4.2 Identifying Biomechanical Deviations: Common Patterns and Causes
  - 4.3 Analyzing Gait: Detecting Movement Abnormalities
  - 4.4 Assessing Range of Motion: Testing and Measurement Techniques
  - 4.5 Evaluating Muscle Imbalances: Identifying Weaknesses and Overcompensations
  - 4.6 Applying Corrective Interventions: Strategies for Improving Movement Efficiency
- **5 Applying Corrective Strategies in Exercise Design** — 6 classes
  - 5.1 Understanding Biomechanical Assessment for Injury Prevention
  - 5.2 Identifying Common Movement Dysfunction Patterns
  - 5.3 Analyzing Client Movement with Corrective Exercise Concepts
  - 5.4 Designing Customized Corrective Exercise Programs
  - 5.5 Implementing Techniques to Enhance Movement Quality
  - 5.6 Evaluating and Modifying Exercise Interventions for Effectiveness
- **12 Muscle Fibre Types and Force Production** — 10 classes
  - 12.1 Slow and Fast Twitch Fibre Properties
  - 12.2 Sliding Filament Mechanism Simplified
  - 12.3 Length Tension Relationship
  - 12.4 Force Velocity Relationship
  - 12.5 Muscle Contraction Types in Training
  - 12.6 Muscle Architecture and Strength Potential
  - 12.7 Fibre Recruitment Order
  - 12.8 Fatigue at Muscle Fibre Level
  - 12.9 Fibre Type Responses to Training
  - 12.10 Using Fibre Knowledge in Exercise Selection
- **13 Cardiorespiratory Fitness Assessment and Thresholds** — 10 classes
  - 13.1 Maximal Oxygen Uptake Explained
  - 13.2 Estimating Aerobic Capacity in the Gym
  - 13.3 Lactate Threshold and Ventilatory Threshold
  - 13.4 Heart Rate Reserve Method
  - 13.5 Stroke Volume and Cardiac Output
  - 13.6 Heart Rate Variability Basics
  - 13.7 Efficiency of Movement and Economy
  - 13.8 Setting Aerobic Training Zones
  - 13.9 Monitoring Cardiorespiratory Progress
  - 13.10 Case Practice Zone Setting for a Client
- **14 Lever Systems and Joint Loading** — 10 classes
  - 14.1 Levers in the Human Body
  - 14.2 Moment Arms and Torque
  - 14.3 Mechanical Advantage in Exercise
  - 14.4 Joint Reaction Forces in Squats and Lifts
  - 14.5 Load Position and Spinal Stress
  - 14.6 Grip and Stance Width Effects
  - 14.7 Friction Stability and Base of Support
  - 14.8 Centre of Mass and Balance
  - 14.9 Adjusting Technique to Reduce Joint Stress
  - 14.10 Applying Lever Principles to Exercise Choice
- **15 Gait, Running and Locomotion Analysis** — 10 classes
  - 15.1 Phases of the Walking Gait Cycle
  - 15.2 Phases of the Running Gait Cycle
  - 15.3 Foot Strike Patterns and Footwear
  - 15.4 Hip Knee and Ankle Motion in Gait
  - 15.5 Common Gait Faults
  - 15.6 Observing Gait Without Equipment
  - 15.7 Using Video for Simple Gait Review
  - 15.8 Running Economy and Cadence
  - 15.9 Gait Changes With Age and Fatigue
  - 15.10 Coaching Better Walking and Running Form
- **16 Performance Analysis and Movement Data** — 10 classes
  - 16.1 Purpose of Sports Performance Analysis
  - 16.2 Choosing Performance Indicators
  - 16.3 Notational Analysis of Training and Games
  - 16.4 Video Capture Set Up and Angles

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UKPRN 10067351 • Company 4984798
Curriculum current at the date of issue.