

Your Step by Step Guide to Completing the



Personal Trainer Home Study Test Preparation Course



NCSF Personal Trainer Course Lesson Plan

Lesson One: Functional Anatomy

Functional Anatomy

1. Review Learning Goals – Course Manual page 1 or e-Learning: Lesson One Functional Anatomy – Learning Goals
2. Review Video: Functional Anatomy (disc one) or e-Learning: Lesson One Functional Anatomy-Lesson Video
3. Review Lesson Notes: Course Manual pages 2-7 or e-Learning: Lesson One Functional Anatomy-Notes
4. Complete Question & Answer: Course Manual pages 8-10 or e-Learning: Lesson One Functional Anatomy-Question & Answer
5. Competes Self Quiz: Course Manual page 11 or e-Learning: Lesson One Functional Anatomy -Quiz
6. Textbook Review: Read Chapter One Functional Anatomy pages 1-27

Biomechanics

1. Review Learning Goals – Course Manual page 14 or e-Learning: Lesson One Biomechanics – Learning Goals
2. Review Lesson Notes: Course Manual pages 15-17 or e-Learning: Lesson One Biomechanics-Notes
3. Complete Question & Answer: Course Manual pages 18-20 or e-Learning: Lesson One Biomechanics-Question & Answer
4. Competes Self Quiz: Course Manual page 21 or e-Learning: Lesson One Biomechanics - Quiz
5. Textbook Review: Read Chapter Two Biomechanics pages 29-50

Lesson Two: Exercise Physiology

Muscle Physiology

1. Review Learning Goals – Course Manual page 23 or e-Learning: Lesson Two Muscle Physiology – Learning Goals
2. Review Video: Exercise Physiology (disc one) or e-Learning: Lesson Two Muscle Physiology -Lesson Video
3. Review Lesson Notes: Course Manual pages 24-27 or e-Learning: Lesson Two Muscle Physiology -Notes
4. Complete Question & Answer: Course Manual pages 28-30 or e-Learning: Lesson Two Muscle Physiology -Question & Answer
5. Competes Self Quiz: Course Manual Page 31 or e-Learning: Lesson Two Muscle Physiology -Quiz
6. Textbook Review: Read Chapter Three Exercise Physiology pages 53-60

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Endocrine System

1. Review Learning Goals – Course Manual page 33 or e-Learning: Lesson Two Endocrine System – Learning Goals
2. Review Lesson Notes: Course Manual pages 34-37 or e-Learning: Lesson Two Endocrine System -Notes
3. Complete Question & Answer: Course Manual pages 38-39 or e-Learning: Lesson Two Endocrine System -Question & Answer
4. Competes Self Quiz: Course Manual page 40 or e-Learning: Lesson Two Endocrine System -Quiz
5. Textbook Review: Read Chapter Four Endocrine System pages 62-70

Bioenergetics

1. Review Learning Goals – Course Manual page 42 or e-Learning: Lesson Two Bioenergetics – Learning Goals
2. Review Lesson Notes: Course Manual pages 43-47 or e-Learning: Lesson Two Bioenergetics -Notes
3. Complete Question & Answer: Course Manual pages 48-49 or e-Learning: Lesson Two Bioenergetics -Question & Answer
4. Competes Self Quiz: Course Manual page 50 or e-Learning: Lesson Two Bioenergetics -Quiz
5. Textbook Review: Read Chapter Five Bioenergetics pages 74-86

Cardiovascular Physiology

1. Review Learning Goals – Course Manual page 52 or e-Learning: Lesson Two Cardiovascular Physiology – Learning Goals
2. Review Lesson Notes: Course Manual pages 53-57 or e-Learning: Lesson Two Cardiovascular Physiology -Notes
3. Complete Question & Answer: Course Manual pages 58-60 or e-Learning: Lesson Two Cardiovascular Physiology -Question & Answer
4. Competes Self Quiz: Course Manual page 61 or e-Learning: Lesson Two Cardiovascular Physiology -Quiz
5. Textbook Review: Read Chapter Six Cardiovascular Physiology pages 90-103

Lesson Three: Physical Fitness and Health

1. Review Learning Goals – Course Manual page 138 or e-Learning: Lesson Three Physical Fitness and Health – Learning Goals
2. Review Video: Health and Physical Fitness (disc one) or e-Learning: Lesson Three Physical Fitness and Health -Lesson Video
3. Review Lesson Notes: Course Manual pages 139-147 or e-Learning: Lesson Three Physical Fitness and Health -Notes

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4. Complete Question & Answer: Course Manual pages 148-149 or e-Learning: Lesson Three Physical Fitness and Health -Question & Answer
5. Competes Self Quiz: Course Manual page 150 or e-Learning: Lesson Three Physical Fitness and Health -Quiz
6. Textbook Review: Read Chapter Twelve Physical Fitness & Health pages 207-227

Lesson Four: Screening and Evaluation

Pre-Exercise Screening and Test Considerations

1. Review Learning Goals – Course Manual page 152 or e-Learning: Lesson Four Pre-Exercise Screening and Test Considerations – Learning Goals
2. Review Video: Screening and Evaluation (disc one) or e-Learning: Lesson Four Pre-Exercise Screening and Test Considerations -Lesson Video
3. Review Lesson Notes: Course Manual pages 153-160 or e-Learning: Lesson Four Pre-Exercise Screening and Test Considerations -Notes
4. Complete Question & Answer: Course Manual pages 161-162 or e-Learning: Lesson Four Pre-Exercise Screening and Test Considerations -Question & Answer
5. Competes Self Quiz: Course Manual page 163 or e-Learning: Lesson Four Pre-Exercise Screening and Test Considerations -Quiz
6. Textbook Review: Read Chapter 13 Pre-Exercise Screening and Test Considerations pages 235-257

Assessment of Physical Fitness

1. Review Learning Goals – Course Manual page 165 or e-Learning: Lesson Four Assessment of Physical Fitness – Learning Goals
2. Review Lesson Notes: Course Manual pages 166-170 or e-Learning: Lesson Four Assessment of Physical Fitness -Notes
3. Complete Question & Answer: Course Manual pages 171-172 or e-Learning: Lesson Four Assessment of Physical Fitness -Question & Answer
4. Competes Self Quiz: Course Manual page 173 or e-Learning: Lesson Four Assessment of Physical Fitness -Quiz
5. Textbook Review: Read Chapter Six Cardiovascular Physiology pages 259-308

Lesson Five: Nutrition

Energy-Yielding Nutrients

1. Review Learning Goals – Course Manual page 63 or e-Learning: Lesson Five Energy-Yielding Nutrients – Learning Goals
2. Review Video: Nutrition: Energy Yielding Nutrients (disc one) or e-Learning: Lesson Five Energy-Yielding Nutrients -Lesson Video

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3. Review Lesson Notes: Course Manual pages 64-71 or e-Learning: Lesson Five Energy-Yielding Nutrients -Notes
4. Complete Question & Answer: Course Manual pages 72-74 or e-Learning: Lesson Five Energy-Yielding Nutrients -Question & Answer
5. Competes Self Quiz: Course Manual page 75 or e-Learning: Lesson Five Energy-Yielding Nutrients -Quiz
6. Textbook Review: Read Chapter Seven Nutrition: Energy Yielding Nutrients pages 107-119

Non-Energy Yielding Nutrients

1. Review Learning Goals – Course Manual page 78 or e-Learning: Lesson Five Non –Energy Yielding Nutrients – Learning Goals
2. Review Video: Nutrition: Non-Energy Yielding Nutrients (disc one) or e-Learning: Lesson Five Non –Energy Yielding Nutrients -Lesson Video
3. Review Lesson Notes: Course Manual pages 79-87 or e-Learning: Lesson Five Non –Energy Yielding Nutrients -Notes
4. Complete Question & Answer: Course Manual pages 88-90 or e-Learning: Lesson Five Non –Energy Yielding Nutrients -Question & Answer
5. Competes Self Quiz: Course Manual page 91 or e-Learning: Lesson Five Non –Energy Yielding Nutrients -Quiz
6. Textbook Review: Read Chapter Seven Nutrition: Energy Yielding Nutrients pages 124-140

Nutritional Supplementation

1. Review Learning Goals – Course Manual page 94 or e-Learning: Lesson Five Nutritional Supplementation – Learning Goals
2. Review Lesson Notes: Course Manual pages 95-102 or e-Learning: Lesson Five Nutritional Supplementation -Notes
3. Complete Question & Answer: Course Manual pages 103-104 or e-Learning: Lesson Five Nutritional Supplementation -Question & Answer
4. Competes Self Quiz: Course Manual page 105 or e-Learning: Lesson Five Nutritional Supplementation -Quiz
5. Textbook Review: Read Chapter Nine pages 145-161

Lesson Six: Weight Management

Body Composition

1. Review Learning Goals – Course Manual page 107 or e-Learning: Lesson Six Body Composition – Learning Goals
2. Review Video: Body Composition (disc one) or e-Learning: Lesson Six Body Composition -Lesson Video
3. Review Lesson Notes: Course Manual pages 108-115 or e-Learning: Lesson Six Body Composition -Notes

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4. Complete Question & Answer: Course Manual pages 116-118 or e-Learning: Lesson Six Body Composition -Question & Answer
5. Competes Self Quiz: Course Manual page 119 or e-Learning: Lesson Six Body Composition -Quiz
6. Textbook Review: Read Chapter Ten Body Composition pages 169-185

Weight Management

1. Review Learning Goals – Course Manual page 122 or e-Learning: Lesson Six Weight Management – Learning Goals
2. Review Video: Weight Management (disc two) or e-Learning: Lesson Six Weight Management -Lesson Video
3. Review Lesson Notes: Course Manual pages 123-132 or e-Learning: Lesson Six Weight Management -Notes
4. Complete Question & Answer: Course Manual pages 133-135 or e-Learning: Lesson Six Weight Management -Question & Answer
5. Competes Self Quiz: Course Manual page 136 or e-Learning: Lesson Six Weight Management -Quiz
6. Textbook Review: Read Chapter Eleven Weight Management pages 190-203

Lesson Seven: Exercise Prescription and Programming Considerations

Exercise Programming Components

1. Review Learning Goals – Course Manual page 175 or e-Learning: Lesson Seven Exercise Prescription and Programming Considerations – Learning Goals
2. Review Video: Exercising Programming Components (disc two) or e-Learning: Lesson Seven Exercise Prescription and Programming Considerations - Lesson Video
3. Review Lesson Notes: Course Manual pages 176-182 or e-Learning: Lesson Seven Exercise Prescription and Programming Considerations -Notes
4. Complete Question & Answer: Course Manual pages 183-184 or e-Learning: Lesson Seven Exercise Prescription and Programming Considerations - Question & Answer
5. Competes Self Quiz: Course Manual page 185 or e-Learning: Lesson Seven Exercise Prescription and Programming Considerations -Quiz
6. Textbook Review: Read Chapter Fifteen Exercise Programming Components pages 310-321

Flexibility Assessment & Programming

1. Review Learning Goals – Course Manual page 187 or e-Learning: Lesson Seven Lesson Seven Flexibility Assessment & Programming – Learning Goals
2. Review Video: Programming Considerations for Flexibility (disc two), Flexibility

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Techniques (disc three)

or e-Learning: Lesson Seven Flexibility Assessment & Programming -Lesson Video 1 & 2

3. Review Lesson Notes: Course Manual pages 176-182 or
e-Learning: Lesson Seven Flexibility Assessment & Programming -Notes
4. Complete Question & Answer: Course Manual pages 183-184 or
e-Learning: Lesson Seven Flexibility Assessment & Programming -Question & Answer
5. Competes Self Quiz: Course Manual page 185 or
e-Learning: Lesson Seven Flexibility Assessment & Programming -Quiz
6. Textbook Review: Read Chapter Sixteen Flexibility Assessment & Programming pages 323-349

Programming for Cardiovascular Fitness

1. Review Learning Goals – Course Manual page 205 or
e-Learning: Lesson Seven Programming for Cardiovascular Fitness –
Learning Goals
2. Review Video: Programming for Cardiovascular Fitness (disc two)
or e-Learning: Lesson Seven Programming for Cardiovascular Fitness -Lesson Video
3. Review Lesson Notes: Course Manual pages 206-216 or
e-Learning: Lesson Seven Programming for Cardiovascular Fitness -Notes
4. Complete Question & Answer: Course Manual pages 217-219 or
e-Learning: Lesson Seven Programming for Cardiovascular Fitness -Question & Answer
5. Competes Self Quiz: Course Manual page 220 or
e-Learning: Lesson Seven Programming for Cardiovascular Fitness -Quiz
6. Textbook Review: Read Chapter Seventeen Programming for Cardiovascular Fitness
pages 353-367

Anaerobic Training

1. Review Learning Goals – Course Manual page 223 or
e-Learning: Lesson Seven Anaerobic Training – Learning Goals
2. Review Video: Programming Considerations for Anaerobic Exercise (disc two)
or e-Learning: Lesson Seven Anaerobic Training -Lesson Video
3. Review Lesson Notes: Course Manual pages 206-216 or
e-Learning: Lesson Seven Anaerobic Training -Notes
4. Complete Question & Answer: Course Manual pages 217-219 or
e-Learning: Lesson Seven Anaerobic Training -Question & Answer
5. Competes Self Quiz: Course Manual page 220 or
e-Learning: Lesson Seven Anaerobic Training -Quiz
6. Textbook Review: Read Chapter Eighteen Anaerobic Training pages 371-395

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Lesson Eight: Training Instruction

Resistance Training Techniques

1. Review Learning Goals – Course Manual page 248 or
e-Learning: Lesson Eight Resistance Training Techniques– Learning Goals
2. Review Video: Upper Body Resistance Training, (disc two), Lower Body Resistance Training (disc two), Low Back Training (disc three), Rotator Cuff Training (disc three), Abdominal Training (disc three)
or e-Learning: Lesson Eight Resistance Training Techniques -Lesson Videos 1-6
3. Review Lesson Notes: Course Manual pages 249-254 or
e-Learning: Lesson Eight Resistance Training Techniques -Notes
4. Complete Question & Answer: Course Manual pages 255-257 or
e-Learning: Lesson Eight Resistance Training Techniques -Question & Answer
5. Competes Self Quiz: Course Manual page 258 or
e-Learning: Lesson Eight Resistance Training Techniques -Quiz
6. Textbook Review: Read Chapter Nineteen Resistance Training Techniques pages 401-467

Functional Training Concepts

1. Review Learning Goals – Course Manual page 261 or
e-Learning: Lesson Eight Functional Training Concepts – Learning Goals
2. Review Video: Developing a Functional Training Program (disc three), Core Stability (disc three)
or e-Learning: Lesson Eight Functional Training Concepts -Lesson Videos 1 & 2
3. Review Lesson Notes: Course Manual pages 262-268 or
e-Learning: Lesson Eight Functional Training Concepts -Notes
4. Complete Question & Answer: Course Manual pages 269-270 or
e-Learning: Lesson Eight Functional Training Concepts -Question & Answer
5. Competes Self Quiz: Course Manual page 271 or
e-Learning: Lesson Eight Functional Training Concepts -Quiz
6. Textbook Review: Read Chapter 20 Functional Training Concepts pages 469-484

Creating and Exercise Program

1. Review Learning Goals – Course Manual page 273 or
e-Learning: Lesson Eight Creating an Exercise Program – Learning Goals
2. Review Video: Creating an Exercise Program (disc three), or
e-Learning: Lesson Eight Creating an Exercise Program -Lesson Video
3. Review Lesson Notes: Course Manual pages 262-268 or
e-Learning: Lesson Eight Creating an Exercise Program -Notes
4. Complete Question & Answer: Course Manual pages 269-270 or
e-Learning: Lesson Eight Creating an Exercise Program -Question & Answer
5. Competes Self Quiz: Course Manual page 271 or
e-Learning: Lesson Eight Creating an Exercise Program -Quiz
6. Textbook Review: Read Chapter 21 Creating an Exercise Program pages 485-499

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Lesson Nine

Considerations for Special Populations

1. Review Learning Goals – Course Manual page 283 or
e-Learning: Lesson Nine Considerations for Special Populations – Learning Goals
2. Review Video: Considerations for Special Populations (disc three), or
e-Learning: Lesson Nine Considerations for Special Populations -Lesson Video
3. Review Lesson Notes: Course Manual pages 284-293 or
e-Learning: Lesson Nine Considerations for Special Populations -Notes
4. Complete Question & Answer: Course Manual pages 294-296 or
e-Learning: Lesson Nine Considerations for Special Populations -Question & Answer
5. Competes Self Quiz: Course Manual page 297 or
e-Learning: Lesson Nine Considerations for Special Populations -Quiz
6. Textbook Review: Read Chapter 22 Working with Special Populations pages 501-517