



Premier Training Course Guide

To find out how to enroll onto one of these courses please contact:

0845 1 90 90 90 nasm@premierglobal.co.uk www.premierglobal.co.uk

Introduction to Personal Fitness Training (IPFT)



The IPFT serves as an entry point into exploring a career in the Health and Fitness Industry. The IPFT course also serves as a prerequisite to NASM's and Premier Training's signature Certified Personal Training course which qualifies students with a Level 3 Qualification for the health and fitness industry.

The new IPFT course provides expert instruction on the fundamentals of fitness training and covers core concepts in flexibility, stabilization, resistance, cardiorespiratory and overall wellness – all based on NASM's proprietary Optimum Performance

Training methodology. The IPFT course also features new information including:

- Introduction to the Fitness Industry
- Getting Started as a Certified Personal Trainer (please note the IPFT will not qualify you as a Personal Trainer)
- Becoming a Successful Health & Fitness Professional
- Weight Control and Lifestyle Modification

Designed with convenience in mind, the IPFT course is delivered online and includes in-depth flash presentations, video exercise demonstrations, anatomical and conditioning photos, training technique charts, safety illustrations and printable course materials. The course experience is further enhanced through the NASM eLearning Center which offers the ability to take quizzes and exams online. You will also get access to an IPFT manual and online learning from Premier Training which will add to your experience and

prepare you for your Active IQ assessment.

The attendance on the course is made up of four days with practical work covered along with theory based work as well with one of our qualified Premier NASM Trainers. You will have a multiple choice theory exam to take as well as a practical assessment which will give you the Active IQ Level 2 Certificate in Fitness Instructing (Gym) qualification. Your NASM certificate is achieved through an online exam via the NASM learning platform.

To find out how to enroll onto one of these courses please contact:

0845 1 90 90 90 nasm@premierglobal.co.uk www.premierglobal.co.uk

NASM Certified Personal Trainer (CPT)



Designed with convenience in mind, the CPT course is delivered through a CPT manual and DVD set, you also get access to the NASM online learning centre which houses learning material which can be downloaded to your iPod and an online exam for you to obtain your NASM CPT certificate. The attendance on the course is made up of five days with practical work covered along with theory based work as well with one of our qualified Premier NASM Trainers. You will have a multiple choice theory exam to take as well as a practical assessment which will give you the Active IQ Level 3 qualification.

A minimum of a UK Register of Exercise Professionals Level 2 Qualification/Award such as the IPFT must be achieved before applying for this course, please call us on 0845 1 90 90 90 to check your qualifications.

This course is recognised by the UK Register of Exercise Professionals and will give you entry at Level 3. Many courses teach exercise science to the Personal Trainers of the future. We pride ourselves on not only teaching the science, but crucially the correct application of the science.

We place the client at the

heart of everything we do by equipping you, their Personal Trainer with right tools to deliver cutting edge exercise programmes that your customers will want to try again and again. You will learn postural assessment, giving you the opportunity to provide individualised feedback to each of your clients, this professionalises your service and builds your credibility as fitness professional.

We believe that a good exercise programme starts with a good assessment. Personal Trainers with our assessment skills have the ability to write progressive, enjoyable exercise

programmes that deliver results. Using the Optimum Performance Training Model from NASM, you will learn how to accelerate any client towards any goal. With these skills, you will become a solutions expert with such integrity that your clients will always repeat buy sessions from you and your prospective clients cannot wait to get started.

Course Content

- The Scientific Rationale for Integrated Training
- Basic Exercise Science
- The Cardio-respiratory System
- Human Movement Science

- Fitness Assessment
- Flexibility Training Concepts
- Cardio-respiratory Training Concepts
- Core Training Concepts
- Balance Training Concepts
- Reactive (Power) Training Concepts
- Speed, Agility and Quickness Training Concepts
- Resistance Training Concepts
- Programme Concepts
- Special Populations
- Nutrition
- Supplementation
- Behaviour Modification
- Professional Development

To find out how to enroll onto one of these courses please contact:

0845 1 90 90 90 nasm@premierglobal.co.uk www.premierglobal.co.uk

NASM Performance Enhancement Specialist

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised Sports Specific Programmes that guarantee results for their clients/members. This course is for those qualified Personal Trainers who are looking for an advanced qualification that will help them grow their career in working with sports teams and individual athletes at all levels.

The distance learning modules cover all the theory you will need, along with online presentations/video to help grow your knowledge in preparation for the online theory exam.

Course Content: -

1. The Essentials of Integrated Training
2. Human Movement Science
3. Postural Considerations
4. Integrated Performance Profile
5. Integrated Flexibility Training
6. Core Stabilization Training
7. Balance Training
8. Reactive Training
9. Integrated Speed Training
10. Integrated Strength Training
11. Integrated Program Design
12. Nutrition

NASM Corrective Exercise Specialist

The aim of this course is to provide trainers with the tools, knowledge and skills to develop individualised Corrective Exercise programmes that guarantee results for their clients/members. This course is aimed at those qualified Personal Trainers who are looking for an advanced course that will raise their assessment and programme design skills specific to the four key body check-points highlighted in the content overview.

This course will focus on isolated corrective exercises strategies before integrating into total body functional movement patterns specific to your client's everyday life.

There is a final online theory exam post the 2-day practical workshop and distance learning modules which will then qualify you as a NASM Corrective Exercise Specialist. The distance learning modules are supported by online presentations and video links.

This course will also raise the bar of the Fitness professional to help work closer with the other professionals such as Physiotherapists.

Course Content: -

- Module 1 – Movement Assessments
- Module 2 – Inhibitory Techniques
- Module 3 – Lengthening Techniques
- Module 4 – Integrated Strengthening
- Module 5 – Integrated Dynamic Movement
- Module 6 – Strategies for the Foot and Ankle Complex
- Module 7 – Strategies for the Knee Complex
- Module 8 – Strategies for the Lumbo-Pelvic-Hip Complex
- Module 9 – Strategies for the Shoulder Complex