

Integrated Health & Fitness Training Professional

The statistics speak for themselves. Growth in the personal training field is 5.6% in Canada. The fitness industry in Canada generates \$3 billion annually. Over 52 thousand personal trainers are presently employed. There are 300,000 personal training jobs estimated by 2020. Given that 70% of North Americans are overweight, the demand for these services will not let up!

The Integrated Health & Fitness Training Professional course is suitable for fitness lovers who have either no experience or knowledge of anatomy/exercise physiology or have a basic knowledge and skill set. You will be equipped with tools to successfully pass the NASM (National Academy of Sports Medicine) examination, which is the most widely accepted accreditation in the industry or simply equip you with life long skills to increase the health and well being of yourself and others.

The Integrated Health & Fitness Training Professional program allows participants to learn such topics as the general principles of exercise science, physical examination techniques, benefits of training, basic anatomy and physiology, ethics and training special populations. Flexibility, strengthening and cardiovascular conditioning are discussed in detail.

Topics covered include:

- Essential concepts of diet and nutrition
- How to change programs according to specific client needs
- Physiological benefits of exercise
- Kinesiology: biomechanics
- Human bone and muscle anatomy & terminology
- Physiology of the cardiovascular, muscle and bone systems
- Assessment skills, fitness testing protocols, scope of practice, blood pressure, heart rate and required forms
- Program design and progression for cardiovascular, resistance and flexibility programs

- How to market your skill: starting you own personal fitness training business and ethics

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Benefits:

- No online components
- All required materials included
- Practical hands-on experience with a certified trainer
- 4 month part-time program to suit your schedule



Are you thinking about starting your own
personal training business practice?

**Would you like to gain exercise & assessment skills to
complement your existing business and skill set?**

**Do you want to learn to train others and improve their health
and well being?**

The Royal Canadian College of Massage Therapy's **Integrated
Health & Fitness Training Professional** for you!

Contact us to book an appointment now!

For more details download the

