



The NPTC course is composed of 3 primary section and 6 modules of learning content with a range of assessments as outlined below:


Course Structure

Learning sections



Assessments/texts


Section 1:
How the body works

-  Skeleton and muscles
-  Cardiorespiratory, nutrition, and energy



 12 question online quiz (24 mins)


Section 2:
How to adopt an active healthy lifestyle

-  Active healthy living
-  Components of active healthy living

 12 question online quiz (24 mins)

Section 3:
How to ensure a safe, clean, and friendly environment

-  Health and safety
-  Customer service


 12 question online quiz (24 mins)

Module 1:
Anatomy & Physiology for Health and Fitness (APHF1110)







-  Skeletal anatomy
-  Joints and connective tissue
-  Joint movement and functionand
-  Skeletal muscle anatomy
-  Muscle actions
-  Exercise and muscle function
-  Respiratory physiology
-  Cardiovascular physiology
-  Cellular energy systems for exercise
-  Nervous physiology & immunity
-  Endocrine physiology
-  Thermoregulation

 9 online quizzes

 2 written worksheets

 1 software application

Module 2:
Fitness Instructor (FIT1106)

-  Role of the fitness instructor
-  Health and safety of physical facilities
-  Health and safety of participants
-  Fitness induction
-  Motivation and instruction
-  Essential instruction skills

 4 online quizzes

 1 video practical assessment



Module 3:
**Nutrition for Health
and Fitness
(NHF1208)**

- Introduction to nutrition
- Digestion
- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Fluid balance and hydration
- Diet for endurance exercise
- Diet for high intensity exercise
- Diet for muscular development
- Diet for body fat reduction

8 online quizzes

1 written nutrition client case study

1 software application

Module 4:
**Business skills for
Personal Training
(BSPT1210)**

- Personal Training: A customer oriented business
- Personal Training: Key principles for delivery
- Introduction to the business of personal training
- Personal training business models
- Personal training products and services
- Personal training business branding
- Business planning
- Business marketing
- Selling personal training
- PT business documentation

6 online quizzes

1 written nutrition client case study



Module 5:
Consultation,
Testing and
Programme Design
(CTPD1312)

- Fitness internship (15 hours)
- Components and variables of fitness
- Communication skills for consultation
- Collecting information part A
- Collecting information part B
- Cardiovascular fitness assessment
- Strength and endurance assessment
- Balance and agility assessment
- Introduction to programme design
- Cardiovascular programme planning
- Long term planning: Resistance training
- Acute training variables
- Short term planning: Resistance training
- Monitoring and adapting a plan

Basic Exercise Guidance documents:

- CV machine exercises
- Joint mobilisation exercises
- Resistance machines exercises
- Key barbell exercises (squat, deadlift, bench press)
- Basic core exercises
- Static stretching exercises

- 6 online quizzes
- 1 written worksheet
- 3 written programme plans
- Fitness internship record
- Basic exercise guidance

Fitness Internship part 1:
15 hours = 7-8 hours /
week during weeks 3 & 4

Module 6:
Exercise Instruction
for Personal Training
(EIPT1408)

- Fitness Internship (25 hours)
- Instructional skills
- Preparing for a personal training session
- Advanced training methods
- Exercise safety and spotting
- Delivering a personal training session
- Concluding a personal training session
- Supportive technology for PT

Basic Exercise Guidance documents:

- CV machine exercises
- Joint mobilisation exercises
- Resistance machines exercises
- Key barbell exercises (squat, deadlift, bench press)
- Basic core exercises
- Static stretching exercises

- 2 online quizzes
- 3 recorded practical video assessments
- Fitness internship record

Advanced online exercise library

Fitness Internship:
25 hours = 4-5 hrs / week

