

The NPTC course is composed of 3 primary sections 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

A 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

A Joint movement and function

Skeletal muscle anatomy

Muscle actions

Exercise and muscle function

Respiratory physiology

Cardiovascular physiology

Cellular energy systems for exercise

A Nervous physiology & immunity

Endocrine physiology

A Thermoregulation

EXAM

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

A Motivation and instruction

Essential instruction skills



4 online quizzes



1 video practical assessment





Course Structure

Learning sections

Module 3:

Nutrition for Health and Fitness (NHF1208)



- **Digestion**
- **Carbohydrates**
- 🖰 Fats
- A Proteins
- Vitamins
- A Minerals
- Fluid balance and hydration
- Diet for endurance exercise
- Diet for high intensity exercise
- A 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: 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







Course Structure

Learning sections

Assessments/texts

Module 5: Consultation, **Testing and Programme Design**

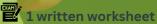
(CTPD1312)

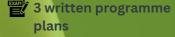
- Fitness internship (15 hours)
- Components and variables of fitness
- Communication skills for consultation
- Collecting information part A
- Collecting information part B
- 🐣 Cardiovascular fitness assessment
- Strength and endurance assessment
- Balance and agility assessment
- A Introduction to 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







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
- 苗 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



3 recorded practical video assessments

Fitness internship record

Advanced online exercise library

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

