

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  
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 function
-  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



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
- 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

