

Higher Certificate in Exercise and Fitness



Year 2 2016-17

Semester 1: SS3001 Personal Training Specialist Module

Date	Time 11-1pm	Time 2-3pm	Tutor
Tue 27 th Sept Wk 4	10 am Course Outline Grace Germaine Client Screening CR LG011	Fitness Assessment CR LG011	Grace Germaine
Wed 28 th	Case Study Client Acquisition		
Thurs 29 th Sept Wk 4	Anatomy and Physiology CR LG011	Anatomy and Physiology CR LG011	Linda Gaynor
Fri 30 th Sept	Case Study Client Acquisition		
Mon 3 rd Oct	Client Training and Programming		
Tue 4 th Oct Wk 5	10-1pm Fitness Assessment CR LG011	2-4pm Posture & MLA CR	Grace Germaine Peppy Neville
Wed 5 th Oct	Client Training and programming		
Thurs 6 th Oct Wk 5	Anatomy & Physiology CR LG011	Anatomy & Physiology CR LG011	Linda Gaynor
Fri 7 th Oct	Private Study and Case Study Writing		
Mon 10 th Oct	Client Training and Programming		
Tue 11 th Oct	Private Study and Case Study Writing		
Wed 12 th Oct	Client Training and Programming		
Thurs 13 th Oct Wk 6	Adv Resistance Training CR LG011	Adv Resistance Training CR LG011	Karl Fleming
Fri 14 th Oct	Private Study and Case Study Writing		
Mon 17 th Oct	Client Training and Programming		
Tues 18 th Oct Wk 7		12-4pm Nutrition/ MLA CR P1033	Peppy Neville
Wed 19 th Oct	Client Training and Programming		
Thurs 20 th Oct Wk 7	Core Stability BOOK COURT	Core Stability BOOK COURT	Grace Germaine
Fri 21 st Oct	Private Study and Case Study Writing		
Mon 24 th Oct	Client Training and Programming		
Tue 25 th Oct Wk 8	Master Trainer Workshop CR P1033	Master Trainer Workshop CR P1033	Grace Germaine
Wed 26 th Oct	Client Training and Programming		
Thurs 27 th Oct Wk 8	Programing & Periodisation CR LG011	Programing & Periodisation CR LG011	Mitch Bohan
Fri 28 th Oct	Private Study and Case Study Writing		
Mid Term Break Mon 31st Oct- 4th Nov			
Mon 7 th Nov	Client Training and Programming		

Tues 8 th Nov Wk 10	10am-1pm Programming for Special Populations CR LG011	Case Study Write Up	Karl Fleming
Wed 9 th Nov	Client Training and Programming		
Thurs 10 th Nov Wk 10	PT Admin & legal Requirements CR LG011	PT Admin & legal Requirements CR LG011	Linda Gaynor
Fri 11 th Nov			
Mon 14 th Nov	Client Training and Programming		
Tues 15 th Nov Wk 11	10am-1pm Exercise Psychology CR LG011	Case Study Write Up	Karl Fleming
Wed 16 th Nov	Client Training and Programming		
Thurs 17 th Nov Wk 11	10am-1pm Communication Skills CR C1058	Case Study Write Up	Grace Germaine
Fri 18 th Nov	Private Study and Case Study Writing		
Mon 21 st Nov	Client Training and Programming		
Tues 22 nd Nov Wk 12		1-4pm Flexibility CR P1033	Peppy Neville
Wed 23 rd Nov	Client Training and Programming		
Thurs 24 th Nov Wk 12	Final Exam Preparation CR LG011		Damien Jackson
Fri 25 th Nov	Private Study and Case Study Writing		
28th Nov-2th Dec	Study Week and Case Study Writing and completion		
Dec 13th	Summative Assessment CR P1033		Grace Germaine
Dec 8th	Case Study Submission NCEF Head Office		Grace Germaine

Unit	Subject	Tutor
1	Theoretical Aspects of Personal Training in Exercise and Fitness A. Introduction to Personal Training B. Applied Anatomy & Physiology C. Communication skills D. Administrative Duties and Legal Requirements of a PT E. Personal Trainer Workshops	Grace Germaine Linda Gaynor Grace Germaine Linda Gaynor Grace Germaine
2	Programming for Personal Training in Exercise and Health Fitness A. Client Screening and Fitness Assessment B. Programme Planning, Periodisation, and Overtraining C. Programming for special populations D. Core Stability E. Advanced Resistance Training F. Flexibility, Posture & Muscle Length Analysis G. Exercise Psychology H. Nutrition	Grace Germaine Mitch Bohan Karl Fleming Grace Germaine Karl Fleming Peppy Neville Karl Fleming Peppy Neville
3	Personal Training in Exercise and Health Fitness Applications: Case Study A. Case Study Concepts and Guidelines	Damien Jackson

4	Personal Training in Exercise and Health Fitness Applications: Summative Assessments A. Written Synoptic Summative Assessment B. Electronic Summative Assessment	Damien Jackson Damien Jackson
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