

**100% ONLINE LEARNING**

# Personal Trainer Development Program (ACE CPT Exam Prep)

It is the perfect blend of all that are essential to make you a competent personal trainer. It consists of 3 courses and prepare you for the American Council on Exercise (ACE) Personal Trainer exam:

1. Certified Fitness Practitioner Level 1: Exercise Coaching
2. Certified Fitness Practitioner Level 2: Personal Training in Practice
3. ACE CPT exam review course

Leave this course feeling confident and ready to bring the best out of your client(s)!

**BLENDED LEARNING**



Google Classroom

**zoom**



# RM 5,990

(CFP 1 & 2 incl. 3 attempts of exam\*)

**FITm**<sup>®</sup>

**FEA Certified Fitness Practitioner Level 1 – Fitness Instructing (Exercise Coaching)  
6 sessions of Live Zoom; each 2-hours**

***Benefits***

- New & improved interactive live zoom sessions
- Each live session is 2 hours duration for best learning environment
- Study at your own pace.
- Access to online study materials via Google Classroom
- 3 attempts of assessment within 3 months
- 3 months support from the EduTrainer via Google Classroom
- Receive both online and physical materials
- Receive your certificate upon passing the grading criteria

***Equipment Needed***

- One foam roller
- One baseball / tennis ball
- One barbell or One pair of dumbbells (alternative: broom stick / water bottle)
- One exercise mat
- One Resistance band

***Session Title(s)***

1. Introduction to Certified Fitness Practitioner + Resistance Training Techniques: Lower Body
2. Resistance Training Techniques: Upper Body
3. ALIGN Lower Body
4. ALIGN Upper Body
5. TRAIN: Guidelines and Principles
6. Spotting Techniques & Instructional Skills

***Grading Criteria***

- All criteria as per course description and course content
- Exam submission due: 30 days from the last day of course
- 2 attempts to retake the exam (complimentary) within 3 months timeline from the last day of course

## **FEA Certified Fitness Practitioner Level 2 - Personal Trainer**

**6 sessions of Live Zoom; each 2-hours**

### ***Benefits***

- New & improved interactive live zoom sessions
- Each live session is 2 hours duration for best learning environment
- Study at your own pace.
- Access to online study materials via Google Classroom
- 3 attempts of assessment within 3 months
- 3 months support from the EduTrainer via Google Classroom
- Receive both online and physical materials
- Receive your certificate upon passing the grading criteria

### ***Equipment Needed***

- One foam roller
- One baseball / tennis ball
- One barbell or One pair of dumbbells (alternative: broom stick / water bottle)
- One exercise mat
- One Resistance band

### ***Session Title(s)***

1. Programming for Function
2. Programming for Health
3. Programming for Fitness
4. Programming for Body Composition
5. Making It Personal Part 1
6. Making It Personal Part 2

### ***Grading Criteria (CFP Level 1 & 2)***

- All criteria as per course description and course content
- Submission due: 30 days from the last day of course
- 2 attempts to retake the exam (complimentary) within 3 months timeline from the last day of course

**American Council on Exercise (ACE) Personal Trainer Certification Exam Review Course**  
**6 sessions of Live Zoom; each 2-hours**

***Benefits***

- New & improved interactive live zoom sessions
- Each live session is 2 hours duration for best learning environment
- Study at your own pace.
- Access to online study materials via Google Classroom
- 3 attempts of trial exam within 3 months
- 3 months support from the EduTrainer via Google Classroom
- Receive both online and physical materials

***Equipment Needed***

- Laptop, earphones, coffee!

***Session Title(s)***

1. *Role, Scope of Practice, Ethics and IFT Model*
2. *Behaviour Change & Communication*
3. *Programming (Assessment)*
4. *Programming (Design and Adjustments)*
5. *Adaptations to Training*
6. *Revision*
7. *Do it On Your Own - Trial exam online before Session 8*
8. *Trial Exam Review*

***Grading Criteria***

- You will not be graded during this exam review course. However, you will have the experience of doing a trial exam which will not be graded