



FALL 2020 CPT-RTS₁ Course
Virtual Course with Labs



***Pre-Requisite Human Anatomy Course**

Home-Study Starts upon registration.

***those with prior anatomy are exempt** from the Anatomy course. A transcript or proof of certification must be submitted to the AAPTE via fax at 516-222-0004 to sit for the AAPTE certification exam.

1	THR 10/29	VIRTUAL	
		CLIENT ASSESSMENT & HEALTH SCREENING	6:45-8:30
2	TUE 11/3	Review	5:45 – 6:30
		BIOMECHANICS OF EXERCISE PART 1	6:45 - 8:30
3	THR 11/5	Review	5:45 – 6:30
		BIOMECHANICS OF EXERCISE PART 2	6:45 - 8:30
4	TUE 11/10	Review	5:45 – 6:30
		SPINAL MECHANICS & JOINT RANGE OF MOTION & FLEXIBILITY	6:45 - 8:30
5	THR 11/12	Review	5:45 – 6:30
		MEDICAL TERMINOLOGY & CONDITIONS	6:45 - 8:30
6	TUE 11/17	Review	5:45 – 6:30
		INTRODUCTION TO NUTRITION THEORY & APPLICATION PART 1	6:45 - 8:30
7	THR 11/19	Review	5:45 – 6:30
		INTRODUCTION TO NUTRITION THEORY & APPLICATION PART 2	6:45 - 8:30
8	TUE 11/24	Review	5:45 – 6:30
		ANATOMY & PHYSIOLOGY OF HUMAN PERFORMANCE	6:45 - 8:30
9	TUE 12/1	Review	5:45 – 6:30
		EXERCISE PRESCRIPTION & PROGRAM DESIGN PART 1	6:45 - 8:30
10	THU 12/3	Review	5:45 – 6:30
		EXERCISE PRESCRIPTION & PROGRAM DESIGN PART 2	6:45 - 8:30
11	TUE 12/8	Review	5:45 – 6:30
		PRACTICAL CONCEPTS OF EXERCISE ANALYSIS	6:45 - 8:30
12	THU 12/9	COMPREHENSIVE COURSE REVIEW	6:45 - 8:30
13	THU 12/10	COMPREHENSIVE COURSE REVIEW	6:45 – 8:30

Virtual Hands-On Training: 11/8 9:00-11:15 a.m. SPINE / 11/15 9:00-11:15 a.m. LOWER EXTREMITY

11/22 9:00-11:15 a.m. UPPER EXTREMITY

Certification Examination Sunday – 12/13 - 9:30 a.m. **Location:** Hofstra University Oak Street Center

