



Academy of Personal Training Education
Certified Personal Trainer - Resistance Training Specialist 1
Fall 2021

DATE		SUBJECT	TIME
1	Tue 10/26	Welcome	6:15p - 6:30p
		FUNCTIONAL ANATOMY	6:45p - 8:45p
2	Thrs 10/28	Review Functional Anatomy	5:45p - 6:30p
		RESISTANCE TRAINING EXERCISE BIOMECHANICS (1)	6:45p - 8:45p
3	Tue 11/2	Review Biomechanics (1)	5:45p - 6:30p
		RESISTANCE TRAINING EXERCISE BIOMECHANICS (2)	6:45p - 8:45p
4	Thrs 11/4	Review Biomechanics (2)	5:45p - 6:30p
		Spine Structure Function-Flexibility-Stretching	6:45p - 8:45p
5	Tue 11/9	Review Spine Structure-Flexibility-Stretching	5:45p - 6:30p
		Biomechanical Analysis of Exercise	6:45p - 8:45p
Lab 1	Fri 11/12	HANDS-ON LAB	5:30p-8:30p
Lab 2	Sat 11/13	HANDS-ON LAB	9:00a-3:00p
Lab 3	SUN 11/14	HANDS-ON LAB	9:00a-3:00p
6	Tue 11/16	Review Biomechanical Analysis of Exercise	5:45p - 6:30p
		CLIENT ASSESSMENT AND HEALTH SCREENING	6:45p - 8:45p
7	Thrs 11/18	Review Client Assessment – Health Screening	5:45p - 6:30p
		MEDICAL TERMINOLOGY AND CONDITIONS	6:45p - 8:45p
8	Tue 11/23	Review Medical Terminology and Conditions	5:45p - 6:30p
		PHYSIOLOGY OF HUMAN PERFORMANCE	6:45p - 8:45p
9	Tue 11/30	Review Physiology of Human Performance	5:45p - 6:30p
		EXERCISE PRESCRIPTION AND PROGRAM DESIGN (1)	6:45p - 8:45p
10	Thrs 12/2	Review Exercise Prescription and Program Design (1)	5:45p - 6:30p
		EXERCISE PRESCRIPTION AND PROGRAM DESIGN (2)	6:45p - 8:45p
11	Tue 12/7	Review Exercise Prescription and Program Design (2)	5:45p - 6:30p
		INTRO TO NUTRITION THEORY AND APPLICATION (1)	6:45p - 8:45p
12	Thrs 12/9	Review Intro to Nutrition Theory and Application (1)	5:45p - 6:30p
		INTRO TO NUTRITION THEORY AND APPLICATION (2)	6:45p - 8:45p
	Sat 12/11	Live Question and Answer Review Webinar	9:00a-10:30a
13	Tue 12/14	Review Intro to Nutrition Theory and Application (2)	5:45p - 6:30p
		BUSINESS AND ETHICS OF PERSONAL TRAINING	6:45p - 8:45p
14	Thrs 12/16	FULL COURSE REVIEW	6:45p - 8:45p