

PERSONAL TRAINING DIPLOMA



Introduction:

Stepahead personal training certificate part of the fitness expert diploma is designed to develop fitness specialist who are knowledgeable and skilled in posture correction, special health cases and a program design.

This certificate blends science and theory with practical application and hands on experience.



Description:

Students will acquire an academic foundation in the fundamental principles of exercise and nutrition in addition to a basic understanding of human anatomy and physiology. Practical skill training will focus on the development of expertise in fitness assessment, health and fitness program design, safe exercise technique, training methodology, injury prevention and care, behavior change, exercise leadership, and personal training business practice.



Methods of Instruction:



- Lecture
- Seminar
- Written Assignments
- Group Projects
- Case Study Analysis
- Discussions
- Field Experiences
- Guest Speakers
- Attendance at professional meetings/events
- Volunteer opportunities

Job Opportunities

- Instructor
- Personal Trainer



Lecturers



- Fouad Gerges
- Bernard Breidy
- Marianne bou zeid
- Stephanie Bechwati

Topics:

- General anatomy
- General physiology
- Energetic system
- Sports physiology
- General nutrition
- Sports nutrition
- Type of training
- Programming
- Sports biomechanics



PS: This diploma recommends completing 80 hours of internship.

THANK YOU

