

NATIONAL PERSONAL TRAINING INSTITUTE®

INFORMATION CATALOG Volume 25 2026-2027

**NATIONAL PERSONAL
TRAINING INSTITUTE, INC
ORLANDO**

Main Campus*

3451 Technological Ave Suite 3
Orlando, FL 32817
(407) 772-0057

Branch Campus*

8411 Sunstate Street
Tampa, FL 33634
(813) 374-2017

*Campuses accredited by the Accrediting Commission of Career
Schools and Colleges (ACCSC)

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**Licensed by the Commission for Independent Education, Florida
Department of Education**

License # 2442

**Additional information regarding this institution may be
obtained by contacting the Commission at:**

325 West Gaines Street, Suite 1414

Tallahassee, Florida 32399-0400

888-224-6684 toll free

**Corporate Officers: President Patrick Sherman
Director: Patty Sherman**

**National Personal Training Institute, Inc. is owned by: Patrick
Sherman and is licensed in the state of Florida as a Florida
Corporation.**

**Disclosure: National Personal Training Institute, Inc. reserves the right to
change programs, start dates, tuition, or to cancel programs. Any changes
will be made after approval from the State Commission for Independent
Education and will be stapled to this catalog. Students will abide by rules of
the catalog enrollment agreement of the date they enrolled.**

A copy of this Student Catalog is available prior to enrollment.

Date of this Printing 1/10/2026

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NATIONAL PERSONAL TRAINING INSTITUTE, INC.

Purpose

National Personal Training Institute programs are designed to offer a comprehensive personal fitness training program to give students skills to become a successful Personal Trainer or Health and Nutrition Coach. Training includes classroom instruction plus supervised, hands-on gym time. The programs are also suitable for those who are adding skills to their profession as health care workers in nursing, physical or occupational therapy, or any other related field.

Educational Philosophy and Objectives

National Personal Training Institute is committed to offering comprehensive courses to become a Personal Trainer and Advanced Personal Training Courses for becoming a Health and Nutrition Coach. All courses are designed to prepare graduates to enter the workforce and expand Personal Training opportunities within the field of Health and Wellness. Our curriculum is geared to the needs of today's health-minded people.

Successful completion of the Personal Fitness Training Program leads to a diploma that qualifies graduates to practice as a personal fitness trainer in health clubs, vacation resorts, spas, private practices, fitness centers, corporate programs, hotels, country clubs, cruise ships, and with athletic teams.

Upon completion of the Advanced Personal Training Program leads to a diploma that qualifies graduates to practice as Health & Nutrition Coaches at gyms, rehabilitation centers, athletic programs, and other places where health and fitness is offered. Students will be able to design and implement safe and effective Personal Fitness Training programs specific to Youth Fitness and Special Population clients.

History

National Personal Training Institute, Inc. was established in 2001. Since inception, NPTI remains an educational facility focused on science-based physical education, training and fitness. NPTI officially became accredited by ACCSC in 2014 and shortly thereafter became eligible for participation in Federal Student Aid programs in 2016. National Personal Training Institute, Inc. is dedicated to the evolution and advancement of personal fitness training.

PROGRAMS

Personal Fitness Training

The National Personal Training Institute offers comprehensive fitness courses designed to further your knowledge in body building, exercise physiology, weight management, weight training, and personal training. Our 600 Hour Personal Fitness Training Program is hands-on, giving students opportunities to experience being a Personal Fitness Trainer.

Program Objectives

Upon completion of this program graduates will be able to seek employment as a personal trainer at gyms, spas, resorts, and other places where health and fitness is offered and personal trainers are hired. Students will be able to design and implement a safe and effective Personal Fitness Training program specific to each client. They will also be able to perform nutritional consultation.

Program Description

The Personal Fitness Training includes: Theory, 100 clock hours of Anatomy & Physiology, 100 clock hours of Nutrition, and hands-on practical gym instruction.

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. One clock hour equals 50 minutes of training time.

Personal Fitness Training Courses:

	Course Title	Theory Hours	Practicum/ Lab Hours	Total Hours
PF101	Introduction to business set-up, legal guidelines, resourcing equipment and marketing.	12		12
PF102	Client Risk Stratification	8		8
PF103	Theoretical and Practical Framework of Cardiorespiratory Training	16	10	26
PF104	Components of Fitness, Principles of Exercise, and Goal Setting.	14		14
PF105	Exercise Prescription, Program Design and Training Systems		170	170
PF106	Corrective Exercise & Movement Screening	20		20
PF107	Flexibility & Stretching	20	10	28
PF108	Human Anatomy & Physiology	70		70
PF109	Nutrition and Weight Management	56		56
PF110	Musculoskeletal Injuries and Post-Rehabilitation Exercise Prescription.	24		24
PF111	Plyometric Training Concepts	6		6
PF112	Adherence & Motivation	8		8

	Course Title	Theory Hours	Practicum/ Lab Hours	Total Hours
PF113	Core Training & Stabilization	12	8	20
PF114	Fitness Assessments	16	12	28
PF115	Biomechanics	8	4	12
PF116	Exercise Metabolism (Bioenergetics)	20	4	24
PF117	Theoretical Constructs of Program Design and Periodization	16		16
PF118	Supplementation and Performance Enhancement Aids	7		7
PF119	CPR/AED & First Aid	5		5
PF120	Special Populations	44		44
	Total Hours	382	218	600

Personal Fitness Training Award

Diploma

382 Theory Hours

218 Lab Hours

600 Total Hours

Advanced Personal Fitness Training – 600 Hours

Program Objectives

Upon completion of this program graduates will be able to seek employment as a Health & Nutrition Coach at gyms, rehabilitation centers, athletic programs, and other places where health and fitness is offered. Students will be able to design and implement safe and effective Personal Fitness Training programs specific to Youth Fitness and Special Population clients.

Program Description

The Advanced Personal Trainer non-degree program is a six hundred-hour (600 hour) program divided into three modules all of which will be two hundred hours long. Health and Nutrition Coaching (200 hours), Corrective Exercise & Advanced Special Populations (200 hours) and a Youth Fitness (200 hours). This program is designed to educate students in the area of Health and Nutrition Coaching for the whole body and mind. Students will be educated on the unique needs of the Youth Fitness clients. The program also includes an in depth focus on the needs of special populations, including assessment and corrective exercise treatments.

Advanced Personal Training Courses:

Health and Nutrition Coaching Module (200 Hours)- this module addresses the emotional/mental/psychological issues and the proposal of strategies to assist clients to be adherent and successful through positive behavior change.

Communication and Coaching
Psychological Aspects of Behavior Change
Interpersonal & Social Influences on Behavior Change
Nutritional Programming for Special Populations
Evaluating the Metabolic Process of Different Diets
Macronutrient and Micronutrient Meal Planning
Modern Meal Planning

Corrective Exercise & Advanced Special Populations Module (200 Hours)- this course addresses a multitude of diseased populations which are currently considered to be the most prevalent. It is estimated that 80% of the client's that Personal Trainers see will be classified as a special population.

Assessing for Human Movement Dysfunction
Corrective Exercise Strategies for Orthopedic Pathologies
Assessing for Biomechanical joint Dysfunction
Musculoskeletal Conditions and Disorders
Training Special Populations
Metabolic Conditions & Disorders
Pulmonary Disorders & conditions
Cardiovascular Conditions and Disorders
Immunologic & Hematologic Disorders
Neuromuscular Conditions & Disorders
Cognitive Conditions & Disorders
Cancer, Seniors, and Female Specific Disorders
Health Appraisal and Fitness Assessments

Advanced Youth Fitness (200 Hours) –Advanced Youth Fitness Module will give personal trainers the resources to address nutritional programming, training programs and adherence and behavioral strategies for both the child and the parent.

Anatomical & Physiological Considerations for Youth Training
Strength & Conditioning for the Youth Populations
Training the Components of the Youth Training Models

Course: Advanced Personal Training

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. One clock hour equals 50 minutes of training time.

Course #	Course	Theory Hours	Practical Lab Hours	Total Hours
BC 101	Psychological Aspects of Behavior Change	20		20
BC 102	Communication and Coaching	20		20
BC 103	Interpersonal & Social Influences on Behavior Change	20		20
BC 104	Nutritional Programming for Special Populations	15	15	30
BC 105	Evaluating the Metabolic Process of Different Diets	25		25
BC 106	Macronutrient and Micronutrient Meal Planning	20	15	35
BC 107	Modern Meal Planning		50	50
CE 101	Assessing for Biomechanical Joint Dysfunction	20	10	30
CE 102	Assessing for Human Movement Dysfunction	20	10	30
CE 103	Corrective Exercise Strategies for Orthopedic Pathologies	20	15	35
SP 101	Health Appraisal and Fitness Assessments	11	6	17
SP 102	Training Special Populations		20	20
SP 103	Musculoskeletal Conditions and Disorders		6	6
SP 104	Metabolic Conditions & Disorders	10	6	16
SP 105	Pulmonary Disorders & Conditions	6	4	10
SP 106	Cardiovascular Conditions and Disorders	6		6
SP 107	Immunologic & Hematologic Disorders	6		6
SP 108	Neuromuscular Conditions & Disorders	6	4	10
SP 109	Cognitive Conditions & Disorders	6		6
SP 110	Cancer, Seniors, and Female Specific Disorders	8		8
YF 101	Anatomical & Physiological Considerations for Youth Training	40	10	50
YF 102	Training the Components of the Youth Training Models	35	30	65
YF 103	Strength & Conditioning for the Youth Populations	40	45	85
	TOTAL	354	246	600

Advanced Personal Training Award: Diploma

360 Theory Hours

240 Lab Hours

600 Total Hours

Personal Fitness Specialist Program – 600 Hours

Program Objectives

Upon completion of this program graduates will be able to seek employment as a Sports Specific Personal Trainer, Elderly Fitness Specialist, Strength & Flexibility Coach, and Women’s Fitness Specialist at gyms, rehabilitation centers, athletic programs, and other places where health and fitness is offered. Students will also be able to design and implement safe and effective virtual Personal Fitness Training programs.

Program Description

The Personal Training Specialist Program is a six hundred-hour (600 hour) program divided into three modules all of which will be two hundred hours long. Stretching & Flexibility Module (200 hours), Sports Specific Personal Training Module (200 hours) and a Next Generation Personal Fitness Modules which includes specializations in Elderly Fitness, Women’s Fitness and Virtual Personal Training (200 hours).

Personal Training Specialist Courses

Stretching & Flexibility Coach Module (200 Hours)

Course #	Strength & Flexibility Coach Module	Theory Hours	Practicum/ Lab Hours	Total Hours
SF 101	The Science of Flexibility	20		20
SF 102	Factors Affecting of Flexibility	20		20
SF 103	Types of Flexibility	10	10	20
SF 104	Assisted Static Stretching Techniques	15	15	30
SF 105	Advanced Stretching Techniques for Special Populations	10	10	20
SF 106	Stretching and Reducing the Risks of Injury	20	10	30
SF 107	Goniometer Testing	5	5	10
SF 108	Creating a Customized Strength Stretching Program		50	50
	<i>Total Strength & Flexibility Coach Module</i>	<i>100</i>	<i>100</i>	<i>200</i>

Sports Specific Training Module (200 Hours)

Course #	Sports Specific Training Module	Theory Hours	Practicum/ Lab Hours	Total Hours
SS 101	Psychology of Sports Specific Training	30	10	40
SS 102	Sports Performance Testing	20	10	30
SS 103	Nutrition Strategies for Maximizing Sports Performance	30		30
SS 104	Program Design for Resistance Training in Sports	10	5	15
SS 105	Training for Speed, Agility and Quickness in Sport		25	25
SS 106	Periodization for Basketball/Volleyball Specific Training	10	10	20

SS 107	Periodization for Football/Soccer Specific Training	10	10	20
SS 108	Periodization for Golf/Baseball Specific Training	10	10	20
	<i>Total Sports Specific Training Module</i>	<i>120</i>	<i>80</i>	<i>200</i>

Next Generation Personal Training Module (200 Hours) –Including Specializations in Elderly Fitness, Women’s Fitness, and Virtual Personal Training.

Course #	Next Generation Personal Fitness Module	Theory Hours	Practicum/ Lab Hours	Total Hours
NG 101	Senior Fitness: Understand Human Aging	15	5	20
NG 102	Physical and Psychological Benefits of Physical Activity and Exercise for Healthy Older Adults	10	10	20
NG 103	Orthopedic Stress Reduction Program Design for Older Adults	10	15	25
NG 104	Program Design & Nutritional Considerations for Endometriosis and Polycystic ovarian syndrome (PCOS)	15	5	20
NG 105	Physiological and Psychological impact of Menopause and its implications on Program design	5	5	10
NG 106	Menstrual Cycle: Nutrition & Training Considerations	15	15	30
NG 107	Training & Nutritional Implications for the Female Athletic Triad	10		10
NG 108	Building a Virtual Personal Training Business	10	10	20
NG 109	Virtual Personal Training Assessments	10	15	25
NG 110	Program Design for Virtual Training		20	20
	<i>Total Next Generation Training Module</i>	<i>100</i>	<i>100</i>	<i>200</i>

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. One clock hour equals 50 minutes of training time.

Personal Training Specialization Award: Diploma

320 Theory Hours
280 Lab Hours
600 Total Hours

ACCREDITATION

Accrediting Commission of Career Schools and Colleges

NPTI Orlando is accredited by the Accrediting Commission of Career Schools and Colleges (ACCSC).

What is accreditation?

Accreditation generally means that a college or school has been evaluated by a group of educators and meets the accrediting agency's standards. This process is VOLUNTARY for the college; it is not "required." However, accreditation is (1) required for financial aid eligibility, (2) easily recognized by potential employers, and (3) acknowledged by other colleges, universities, or schools, which may allow for the transfer of credits, acceptance into another school, and other education-related opportunities.

Be aware that some so-called "accrediting agencies" may not be recognized by the U.S. Department of Education. A current listing of recognized "accrediting agencies" maybe found on the US Department of Education's web site. Check with the DOE office before you send money to any college, even if it claims to be accredited.

DESCRIPTION OF INSTITUTION

Classrooms

Classes are conducted in classroom/college environment located at 3451 Technological Ave, Suite 3, Orlando, FL 32817. The practical part of the Personal Fitness Training is also conducted on site. The classroom can accommodate up to 20 students. The total space is 3500 square feet and includes a gym, administrative offices, and classrooms. Teaching is done through lecture, video, practical demonstration, hands-on experiences, and written material.

Institution Resource Center

The institution resource center is appropriate to the programs offered. It contains instructional videos, journals, texts, technical manuals, reference books, magazines, and video and audio tapes on personal fitness. Students and instructors may use resource center materials while on campus. The hours of the Center are the hours NPTI is open for classes and during business hours, which are 8:00 am to 4:00 pm Monday through Friday.

Equipment and Supplies

for Personal Fitness Training Program

<p>Equipment: Assorted Anatomical Charts Skeleton Skinfold Calipers Tape Measure Blood Pressure Cuffs Stethoscopes Scales Treadmills Exercise Machines – Gym First Aid Kits Jump ropes BOSU Balls TRX & Straps Ellipticals Foam Rollers Olympic Weights/Bars Peak flow meters Battle ropes Torque Tank Surge.</p>	<p>Training Videos Free Weights Weight Training Benches 12” Aerobic Steps Metronome Exercise Interval Timers Exercise Mats Heavy Equipment Kettleweights Bands Penalty Boxes/Agility Fit Balls/Medicine Balls Stationary Bikes/ Spin Bike Concept 2 Rower Plyo boxes Viper/Training Logs Lung spirometer Goniometers M1 Sled</p>
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Textbooks – Personal Fitness Training

NPTI’s Fundamentals of Fitness and Personal Training, 1st Edition, ISBN #978-1-45042381-6 (Tim Henriques. Copyright 2014 Human Kinetics)
 Retail Cost \$93.70

Williams Basic Nutrition and Diet Therapy, 15th Edition, ISBN# 978-0-323-08347-8 (Staci Nix. Copyright 2013, Mosby)
 Retail Cost \$92.72

Illustrated Essentials of Musculoskeletal anatomy, 5th Edition, ISBN# 978-0-935157-07-9 (Sieg & Adams. Copyright 2009 Megabooks, Inc.)
 Retail Cost \$43.12

NPTI’s Student Resource Guide. First Edition
 Retail Cost \$67.00

Textbooks – Advanced Personal Training

NASM Essentials of Corrective Exercise, 1st Edition, ISBN#978-1284050257, (National Academy of Sports Medicine, Copyright 2011 Lippincott Williams & Wilkins)
 Retail Cost \$72.95

NSCA'S Essentials of Training Special Populations, 1st Edition, ISBN#978-0-7360-8330-0, (National Strength and Conditioning Association, Copyright 2017, Human Kinetics, Inc)
Retail Cost \$74.75

Nutrition, 6th Edition eBook, ISBN #978-1284100051 (Paul Insel, Don Ross, et al, Copyright 2016, Jones & Bartlett Learning)
Retail Cost \$120.00

Essentials of Youth Fitness, 1st Edition, ISBN# 978-1492525790 (Avery Faigenbaum, Rhodri Lloyd, Copyright 2019)
Retail Cost \$121.30

Digital Subscription – Advanced Personal Training
Modern Meals Subscription

Textbooks – Personal Training Specialist

ACSM's Exercise for Older Adults, 1st Edition, ISBN# 978-1609136475
(American College of Sports Medicine, Wojtek Chodzko-Zajko PhD Copyright 2013)
Retail Cost \$84.99

High Performance Training for Sports, 2nd Edition, ISBN# 978-1492592907
(Human Kinetics, David Joyce & Daniel Lewindon, Copyright 2021)
Retail Cost \$74.95

Science of Stretch, ISBN# 978-0744084474
(DK, Dr. Leada Malek, Copyright 2023)
Retail Cost \$43.11

Stretching Anatomy, 3rd Edition, ISBN# 978-1492593645
(Human Kinetics, Arnold G, Nelson, Jouko Kokkonen, Copyright 2020)
Retail Cost \$44.95

NPTI's Student Resource Guide – PT Specialist.
Retail Cost \$27.00

Other Resources

Sport Science (television series); MobilityWOD; TRX Core Membership; Apple TV programming. We use contemporary exercise equipment and learning materials for an effective and comfortable learning environment.

Please bring the following unless otherwise noted in course literature: Paper or notebook, pen or pencil, lunch or snack if desired, workout clothes, towel.

HYBRID (HYFLEX) LEARNING

Our Hybrid (Hyflex) Learning option allows students the flexibility to achieve their educational goals through classes offered through a mixture of online and in person. The 600 hour programs are broken down into 500 hours of online coursework and 100 hours of in person classes.

Using the Canvas Online Learning Management System students will view lectures, complete assignments and exams, and communicate in a virtual classroom setting. Courses are available 24 hours a day via internet access.

This Hybrid Learning Option is available for Florida based students.

Considerations Before Enrolling in the Hybrid (Hyflex) Learning Option

Prior to Enrollment: Students will be required to take an assessment of their readiness to successfully complete their education in an online environment.

1. Course Expectations

- a. Online Course are just as comprehensive as in person classes and should not be considered as an easy substitute for learning on campus.
- b. Students are expected to establish and maintain a high level of involvement and interaction throughout the program,
- c. Students need to have basic computer skills. Students are expected to be capable of using a computer to complete their coursework.

2. Technology Requirements

- a. A personal computer or device that can access the Internet and run all necessary software
- b. Adobe Acrobat Reader
- c. Browser on the current or previous major release of Chrome, Firefox, Edge, or Safari.
- d. Canvas will run on Windows, Mac, Linux, iOS, Android, or any other device with a modern web browser.
- e. High Speed Internet Connection

3. Canvas Orientation

- a. Students are required to attend an Online Orientation to ensure a comprehensive understanding of the Canvas Online Learning System and available library resources.

Hybrid (Hyflex) Admissions

The hybrid learning option has the same Admissions requirements by program as in person classes. In addition hybrid learning students must complete the Hybrid Learning Online Readiness Assessment.

Hybrid (Hyflex) Student Authentication

All students in the Hybrid Learning option must verify that the student who enrolls/registers for the distance education is the same student who submits assignments, exams (and any other elements of the grading criteria) and completes the program to receive academic credit and program completion.

Each student taking a course must use their own unique email login and password to access their course in Canvas. This password authentication that uniquely identifies the student ensures that they are in fact the student registered for the course, completing the material, and receiving the academic credit. Each student will be sent a course invitation to join to their email address and create their own username and password.

Personally identifiable information collected by NPIT may also be used (in compliance with state and federal laws) as the basis for identity verification.

All users of the Canvas learning management system shall maintain the security of usernames and passwords and this information must not be shared or given to anyone other than the assigned user for any reason. It is against NPIT school policy for a user to give someone their password or to allow others to use their account. Users shall be responsible for any and all use of their account.

NPIT does not charge any fees for these methods of verifying student identity for the hybrid learning option.

Hybrid (Hyflex) Learning Code of Conduct

Cyber-Bullying or Bullying is a systematic intentional behavior that takes many forms, including but not limited to, repeated unwanted physical, verbal or written acts which are hostile or offensive, targeted at an individual or groups and creates an intimidating and/or threatening environment which produces a risk of psychological and/or physical harm. Cyber-Bullying (use of electronic or digital technology), Cyber Stalking, or Bullying of any kind is not tolerated.

Hybrid (Hyflex) Attendance: Class content is broken down into a week by week delivery. Videos, PowerPoint decks, and In class Activities will mirror the weekly schedule of the in person program. Book reviews, discussion posts, and other assignments will be assigned with clear deadlines.

Hybrid (Hyflex) Attendance Tracking: Attendance will be recorded based on students' participation in required activities, such as:

- Viewing pre-recorded lecture videos.
- Submitting discussion posts and videos on specific class days.
- Completing assigned readings and assignments.

- Attendance records will be maintained electronically, tracking students' engagement with course materials and activities.
- Attendance will be reviewed by the academic advisors weekly to ensure students are progressing through the program clock hours as agreed upon per enrollment schedule.

Hybrid (Hyflex) Learning Graduation Requirements

Hybrid Learning Graduation Requirements are the same as for in person students. Students must maintain a grade average of 70% or better in order to satisfactorily complete their programs. Regular tests, assignments and assessments are given to evaluate student progress. The standard completion time for the program is 18 weeks.

Hybrid (Hyflex) Learning Students Services

Hybrid Learning student services are the same as for in person students. All students services will be available during normal operating hours Monday – Friday. Student services can also be reached by text and email after hours.

Virtual Advising: Academic advisors, financial aid, student, and career services are all available through email, phone calls, or video conferencing to assist with all aspects of the admissions, financial aid, student advising, and career services. We will also offer virtual advising appointments through Zoom.

Accessibility Services: Our distance education materials are accessible to students with disabilities.

ADMISSION

Admission is open to any qualified applicant. No qualified person may be excluded from enrollment in National Personal Training Institute based on age, race, gender, color, creed, or marital status to the extent of the law, disability, or national origin.

Requirements for Personal Fitness Training Program

Applicants must meet the following requirements for consideration for admission:

- ✓ Be at least 18 years or older and possess a desire and ability to become a personal trainer.
- ✓ Have a high school diploma, GED, or recognized equivalent of a high school diploma
- ✓ Have a personal or phone interview.
- ✓ Submit an Application.
- ✓ Submit a signed enrollment agreement
- ✓ You may be required to present medical certificate or letter from a physician indicating good health, if you have a prior existing medical condition.

Requirements for Advanced Personal Training Program

Applicants must meet the following requirements for consideration for admission:

- ✓ Be at least 18 years or older and possess a desire and ability to become a personal trainer.
- ✓ Have a high school diploma, GED, or recognized equivalent of a high school diploma
- ✓ Have a personal or phone interview.
- ✓ Submit an Application.
- ✓ Submit a signed enrollment agreement
- ✓ You may be required to present medical certificate or letter from a physician indicating good health, if you have a prior existing medical condition.
- ✓ Completed NPTI Personal Fitness Training Program or equivalency (2 Year Degree in Exercise Science or Related Field)
- ✓ OR – a Minimum of 3 years experience AND equivalent Accredited Personal Training Certification

Requirements for Personal Training Specialist Program

Applicants must meet the following requirements for consideration for admission:

- ✓ Be at least 18 years or older and possess a desire and ability to become a personal trainer.
- ✓ Have a high school diploma, GED, or recognized equivalent of a high school diploma
- ✓ Have a personal or phone interview.
- ✓ Submit an Application.
- ✓ Submit a signed enrollment agreement
- ✓ You may be required to present medical certificate or letter from a physician indicating good health, if you have a prior existing medical condition.
- ✓ Completed NPTI Personal Fitness Training Program or equivalency (2 Year Degree in Exercise Science or Related Field)
- ✓ OR – a Minimum of 3 years experience AND equivalent Accredited Personal Training Certification

Admission Guidelines:

- ✓ Each applicant is informed of the nature of the training provided. This includes all responsibilities and demands of the program
- ✓ Admission standards are applied consistently to ALL applicants.
- ✓ President and/or Institution Director will verify that each applicant meets the minimum requirements list above AND possesses the ability and skills to complete the training.

The catalog and the enrollment agreement constitute a binding contract

between the student and National Personal Training Institute, Inc. Please read carefully prior to signing the Enrollment Agreement.

Language

All courses are offered only in English.

High School Equivalency

The minimum academic requirement for admission is the completion of high school or secondary school. Verification of graduation is required.

Document(s) such as official transcripts and copies of diplomas or other documentation of equivalency. All documents not written in English must be submitted along with an official English Certification and official evaluation for equivalency to a US Diploma by an education evaluation service. Please contact Admissions for the specific documents required.

Transfer of Credit

National Personal Training Institute, Inc. does not accept credit or advanced standing for previous education or training. Students may wish to continue their training after graduation. Some NPTI credits may be transferable to other schools. However, the graduate must contact the school s/he is transferring to as each school has its own requirements regarding transfer credit. There is no guarantee of Transfer of Credit from NPTI to another institution.

International Students

Please review the International Student Information Packet.

ENROLLMENT PROCEDURE

The first step in the enrollment process is to contact the institution and meet with an admissions representative.

Personal Interview

A personal interview with each applicant is required prior to acceptance into any program. The personal interview gives the institution an opportunity to evaluate the applicant and determine eligibility. The interview may be conducted over the phone for students who are unable to attend an in person interview.

Acceptance by Institution

The applicant will be informed of the admissions decision at the end of the interview and after review and acceptance of required documents.

STUDENT SERVICES

Students with Disabilities - Corporate Policy

In order for students to get special accommodations, they must disclose their disability to NPTI in writing. NPTI must have written documentation from the student's physician or psychologist of the type of disability and what, if any, accommodations are required for the student.

NPTI follows Section 504 of the Rehabilitation Act and does not discriminate or exclude individuals with disabilities from attending the program.

Records and Transcripts

Student records are retained perpetually at the institution. Records of academic progress are furnished to the student. One transcript is provided to students upon graduation and fulfillment of tuition obligations. Additional official and unofficial transcripts are available to students upon written request and for a fee of \$40.00. Student records will be provided to potential employers only after a written request has been made by the individual student. Computer records are backed up weekly and stored off campus. For those students who are denied entry, dismissed or terminated from NPTI, records will be retained permanently.

STUDENT ADVISEMENT

Academic Advisement

Academic advisement ensures students have an understanding in areas such as body building, exercise physiology, weight management, weight training and personal training. Instructors and staff will assist students who seem to be having difficulty preventing them from success. The faculty and staff are available by appointment or informally to meet with students

Personal Advisement

Instructors and staff will assist students who seem to be having difficulty preventing them from success. The faculty and staff are available by appointment or informally to meet with students. If required, students may be referred to professional services in the community.

Financial Aid Advising

NPTI Orlando participates in Federal Student Aid programs. The Financial Aid Administrator provides information about financial aid.

Job Placement Assistance

Job Placement Services or assistance shall be provided to all graduates without

additional charge. No guarantee of placement directly or indirectly is implied. The National Personal Training Institute offers job placement assistance through our Director who maintains a current listing of available positions, seeks to locate potential employers, and assists graduates with placement. Every effort is made to help graduates find suitable employment; however, National Personal Training Institute cannot promise or guarantee employment to anyone.

VETERAN STUDENT POLICIES

Priority Enrollment

To qualify for priority preregistration: Active Duty, Reservist and National Guard students must provide proof of current active duty status.

Veterans receiving federal VA educational benefits to include but not limited to Chapter 30, Chapter 31, Chapter 32, Chapter 33, Chapter 1606 and Chapter 1607 will automatically receive priority preregistration if benefits have been certified successfully with the VA. Veterans who do not use federal VA educational benefits must provide a copy of the DD214, retired military identification card or the DMV issued veteran card.

VA Pending Payment

In accordance with Title 38 US Code 3679 subsection (e), this school adopts the following additional provisions for any students using U.S. Department of Veterans Affairs (VA) Post 9/11 G.I. Bill® (Ch. 33) or Vocational Rehabilitation & Employment (Ch. 31) benefits, while payment to the institution is pending from the VA.

This school will not:

- Prevent the student's enrollment;
- Assess a late penalty fee to the student;
- Require the student to secure alternative or additional funding;
- Deny the student access to any resources (access to classes, libraries, or other institutional facilities) available to other students who have satisfied their tuition and fee bills to the institution.

However, to qualify for this provision, such students may be required to:

- Produce the VA Certificate of Eligibility (COE) by the first day of class;
- Provide a written request to be certified;
- Provide additional information needed to properly certify the enrollment as described in other institutional policies

Veteran's Credit for Previous Education or Training

Students must report all education and training. The school must evaluate and grant credit, if appropriate, with the training time shortened, the tuition reduced proportionately, and the VA and student notified.

Veteran's Attendance Policy

Students exceeding 5% **total** absences in a calendar month **will be** terminated from their VA benefits for unsatisfactory attendance. Early departures, class cuts, tardiness, etc., for any portion of a class period will be counted as 25% of the day absence.

In order to show that the cause of unsatisfactory attendance has been removed, students must show good attendance (as defined) for one calendar month after being terminated for unsatisfactory attendance. After such time, the student may be recertified for VA education benefits.

The student's attendance record will be retained in the veteran's file for USDVA and SAA audit purposes.

ACADEMIC PROGRESSION STANDARDS

Syllabi

On the first day of class students receive a copy of the course syllabi and course outlines. The student catalog is available one week prior to classes beginning. Students also receive a catalog at the time of enrollment.

Attendance

Daily attendance is required. A daily report is accurately kept on trainees' attendance. Excessive tardiness and absenteeism will result in termination of the program. Occasionally, situations occur that conflict with training. It is the sole digression of the Director of Education, Campus Director or President to waive excused or unexcused absences.

Absences

Unsatisfactory Attendance is when a student is absent more than 30% of the scheduled class time. If a student has unsatisfactory attendance upon the stated evaluation point(s), the student is placed on Probation until the following conditions are met:

- ✓ The student establishes satisfactory progress or meets the conditions of probation.
- ✓ The student has corrected the problems that caused the unsatisfactory attendance.
- ✓ The student has satisfactorily completed work missed because of the absence either by repeating the session(s) missed or performing required

work outlined by the instructor.

A limited number of Excused Absences (10% or less of scheduled class time) are allowed with approval from the Director for Medical, Legal, Bereavement, or Weather Related Events per Excused Absence Policy.

Tardiness

Lateness or leaving class is documented on the quarter hour. Over two hours' early departure equals one full day absence.

Make-up Work

Make-up work is required for any absence. Hours of make-up work will not be accepted as hours of class attendance. Tests that are not taken as a result of an absence must be made up within a time frame determined by the instructor.

Leaves of Absence

A student may be granted a leave of absence for a maximum of 180 total accumulative days. A request for leave is best in writing however a verbal request is allowable. A student who is not making satisfactory academic progress, has been placed on probation status, that requests a leave of absence will also return on the same status. A student whose leave is approved, is reasonably expected to return in the same week of instruction, as the student's last date of attendance fell within. This date must be specified in the student's written request to the Director. If the student does not re-enter within the specified time or attends another college/institution and receives federal student aid, the student's enrollment agreement will be terminated and s/he will be granted a refund according to the refund policy. The Withdrawal date is determined by the date of determination according to the Department of Education regulations.

Approval

Only the School Director or Sr. Director may approve a student's Leave of Absence.

Reasons for an Approved Leave of Absence (LOA)

Medical or Health-Related Reasons

Time away needed to address physical health issues, recover from injury or surgery, manage chronic conditions, or receive extended medical treatment or rehabilitation.

Mental Health and Wellness

Leave for mental-health concerns such as anxiety, depression, or trauma, allowing students time to prioritize rest, treatment, and recovery without academic penalty.

Family or Personal Care Responsibilities

Needed when caring for an ill family member or responding to unexpected family emergencies that require significant time and attention.

Bereavement

Leave allowed following the death of a close or immediate family member to grieve, support family obligations, or handle estate matters.

Financial Hardship

Available when a student experiences sudden financial instability—such as job loss, unexpected expenses, or changes in financial support—requiring time to resolve the situation.

Maternity, Paternity, or Parental Leave

Applicable for pregnancy, childbirth, adoption, or becoming a primary caregiver.

Military Service or Training

Leave granted when students are called to active duty, reserve training, deployment, or national guard responsibilities.

Legal Obligations

Significate Legal responsibilities.

Natural Disasters or Displacement

Leave provided when students face hardship due to housing loss, evacuation, or other impacts from natural disasters like hurricanes, floods, or fires.

Probation

A student will be placed on Academic Probation if at any point where a student fails to meet satisfactory academic progress standards.

Re-Entry

A student who has withdrawn or has been terminated and wants to re-enter their training program must notify the Institution Director and follow the required admission procedures. A student who was terminated for any reason can meet with the Institution Director and show why s/he should be re-admitted and how the student will meet program requirements. The decision of the Institution Director will be made based on the student meeting program requirements. The timeframe for reentry must be 180 days from date of withdrawal or termination for students.

Graduation

Graduation ceremonies are held after each session. Upon satisfactory completion of all academic requirements and tuition obligations, the student is awarded a Diploma and transcript. Additional transcripts may be requested at a fee of \$40.00 each.

Grading

Students must maintain a grade average of 70% or better in order to satisfactorily complete their programs. Grades for tests and projects are as follows:

A	90 - 100	Excellent
B	80 - 89	Good
C	70 - 79	Average
D	69 - 60	Failure
F	59 - 0	Failure

Regular tests are given to evaluate student progress in the classroom. Students who are having difficulty may repeat the module or practice work. During this time, the student is to work with the instructor to improve the grade. Grades can be improved by re-taking exams after reviewing failed subject matter. An exam may be re-taken a total of 2 times.

Records of academic progress are maintained by the institution indefinitely.

Termination OR Dismissal

An NPTI – Orlando student will be terminated if the student fails to comply with attendance, academic requirements, or the code of student conduct and are subject to dismissal by the director. A review and conference with the director will be scheduled upon infraction.

Official Withdrawals

Students must notify the Director *in writing* of their intention to withdraw from the program.

Unofficial Withdrawals

The unexplained absence of a student from NPTI for more than 14 consecutive calendar days shall constitute notice of cancellation to NPTI.
Scheduled school closures of more than 3 days are not included in the 14 consecutive days

Changes made by Institution

If the institution cancels or changes a program of study or location in such a way that the student who has started is unable to complete training, arrangements will be made in a timely manner to accommodate the student. If the institution is unable to make alternative arrangements that are satisfactory to both parties, the institution will refund all money paid by the student. Any changes will be stapled to the catalog and/or sent to students and will be approved by the Commission for Independent Education.

Program Completion Time

The standard completion time for the program is 18 weeks. For undergraduate programs measured in clock hours the program length for completion will not exceed 150 percent of the standard completion expectation. This is represented by cumulative number of clock hours and calendar time. (Example 18 weeks, plus 9 weeks, not to exceed 27 weeks).

FINANCIAL AID ASSISTANCE

NPTI is eligible for tuition assistance through Federal Financial Aid or Title-IV programs, State funded Florida Bright Futures and Privately funded Florida Pre-paid or other 529 savings programs. Federal need-based programs available to those who qualify are; Pell Grants and Subsidized Direct Loans. Non-need-based programs available to those who qualify are Unsubsidized Direct Loans and Parent Loans (PLUS). NPTI also accepts employer reimbursement. Please see your HR department policy.

FAFSA

Federal Pell Grants are awarded only to undergraduate students who have not earned a bachelor's or a professional degree. You are not eligible to receive a Federal Pell Grant if you are incarcerated in a federal or state penal institution or are subject to an involuntary civil commitment upon completion of a period of incarceration for a forcible or nonforcible sexual offense. A Federal Pell Grant, unlike a loan, does not have to be repaid, except in rare or unusual circumstances.

Amounts can change yearly. The maximum annual amount for the Federal Pell Grant award is \$4,930 for the 2025–26 award year (July 1, 2025, to June 30, 2026). The maximum annual amount for the Federal Pell Grant award is \$4,930 for the 2026–27 award year (July 1, 2026, to June 30, 2027).

For more information about the Free Application for Federal Student Aid (FAFSA) or to complete an application, please visit <https://studentaid.gov/h/apply-for-aid/fafsa> . Be advised that ALL Federal Student Financial Aid (loans or grants) BEGIN with completing the FAFSA application. The NPTI school code is **042505**.

Crossover

If your schooling falls during a crossover period, you will be required to fill out your FAFSA for both award years. A crossover period occurs when a payment period starts before July 1st and your 2nd disbursement occurs after July 1st. This period overlaps two FAFSA award years.

Loan Terms and Conditions

To apply for a federal student loan, you must complete and submit a [FAFSA](#). Based on the results of your FAFSA, you will be sent a financial aid cost estimate, which may include federal student loans. You can choose to accept all or a part of the loan. A loan is money you borrow and must pay back with interest. Before you receive your loan funds, you will be required to complete [Entrance counseling](#), a tool to ensure you understand your obligation to repay the loan; and sign a [Master Promissory Note](#) (MPN), agreeing to the terms of the loan. Accepting loans as part of your school's financial aid award package you will be required to complete an [Exit Counseling](#) if you drop below a half-time status, withdrawal or graduate from your program.

Federal Direct Loan Cancellation

Before your loan money is disbursed, you may cancel all or part of your loan at any time by notifying your school. After your loan is disbursed, you may cancel all or part of the loan within 14 days from the date the school notified you of your loan disbursement. Your promissory note and additional information you receive during loan counseling will explain the procedures and time frames for canceling your loan.

Award Criteria

Federal Financial Aid funds will be awarded to students on a prorated basis according to the length of their program. Students will receive one on one counseling regarding their full eligibility and prorated eligibility.

Financial Aid Disbursements

Federal financial aid payments divided equally into two payments. Payments are estimated to be paid on the first day of class unless the student is a first-time loan borrower, whom are subject to a 30-day disbursement hold. Subsequent disbursements are estimated 10 weeks later. Any credit balances or stipends will be delivered to the student on campus within 14 business days of the disbursement date. *Disbursement dates are subject to change, due to unforeseeable circumstances, at any moment.

Return of Title IV Financial Aid

This policy applies to students who withdraw officially or unofficially, fail to return from an LOA or are dismissed from enrollment at NPTI.

This is a separate and distinct policy from the School's Institutional Refund Policy

Federal Student Aid funds, referred to as Title IV aid in this policy, are disbursed with the assumption that a student will complete the full program. If a student receiving Title IV Aid withdraws from the program, the student may no longer be eligible to retain the full amount of financial aid that was disbursed. Federal law required that a Return to Title IV (R2T4) calculation be performed to determine the percentage of aid that the student has earned.

(A copy of the worksheet used for this calculation can be requested from the Financial Aid Department.) The R2T4 does not dictate NPTI's refund policy and is not based on the student's education charges, only the scheduled time within the payment period in which the student drops

Although Title IV Aid is posted to a student's account at the beginning of each payment period, the student earns the funds as they complete the payment period. The percentage of the payment period completed is determined by dividing the number of hours the student was scheduled to complete in the payment period, as of the last date of attendance, by the total number of clock hours in the payment period. Once a student has completed 60% of the payment period, 100% of the disbursement has been earned and can be retained.

First Payment Period	Second Payment Period
300 Clock Hours/9 Weeks	300 Clock Hours/ 9 Weeks

If a student withdraws before completing 60% of a given payment period, a portion of Title IV aid must be returned to the Department of Education. NPTI will refund any unearned Title IV aid due within forty-five (45) days of the date of determination as per 34 CFR 668.22(l)(3). The funds are returned in the following order:

1. Unsubsidized Direct Stafford Loans
2. Subsidized Direct Stafford Loans
3. Direct Parent PLUS Loans
4. Federal Pell Grants for which a return of funds is required
5. Iraq and Afghanistan Service Grants

It is the student's responsibility to do the following when possible:

- a. Notify NPTI in writing of an official withdrawal;
- b. Return unearned Title IV funds that were disbursed to the student where in the student was deemed ineligible, based on the calculation;
- c. Borrowers of Direct Stafford Loans are required to complete an online [Exit Counseling](#) Interview before leaving NPTI.

Date of Determination:

The date of determination (DOD) is the date that NPTI determines a student has withdrawn from a program of study. NPTI will return all unearned Title IV aid to the Department of Education within 45 days of the DOD.

Withdrawal Date:

A student's withdrawal date is equal to their last date of attendance (LDA). The LDA is defined as the last recorded date of academic attendance on the school's attendance record. Students are considered withdrawn if:

- Student does not complete all of the clock hours within the scheduled program requirements as per the US Department of Education.

- A student does not complete all of the required academic coursework for the program within the scheduled program requirements per the US Department of Education.
- A student stops coming to class with or without official notification. On the 14th consecutive day, the student is considered withdrawn.
- A student who did not return from an approved leave of absence.
- A student that is terminated from the program.

Pell Grant Overpayment

Within 30 days of determining that a student who withdrew must repay all of a Title IV grant, NPTI will notify the student that they must repay the overpayment or make satisfactory arrangements to repay it. In its notification, NPTI will inform the student of the following items:

1. The student owes an overpayment of Title IV funds
2. The student's eligibility for additional Title IV funds will end if the student fails to take positive action by the 45th day following the date the school sent or was required to send notification to the student
3. There are three positive actions a student can take to extend their eligibility for Title IV funds beyond 45 days:
 - a. The student must repay the overpayment in full to the school.
 - b. The student may sign a repayment agreement with the school.
 - c. The student may sign a repayment agreement with the Department of Education.
4. If the student fails to take one of the positive actions during the 45-day period, the student's overpayment immediately will be reported to the Department of Education and referred to their Debt Resolution Services for collection.

Repayment on Federal Stafford Loans begins six months from the student's last date of attendance. Students who took a full Leave of Absence (LOA) and who did not return from the LOA will go into immediate repayment.

Post-withdrawal Disbursement

If a student did not receive all of the Title IV Aid that they earned, the student may be due a post-withdrawal disbursement. If there is a post-withdrawal disbursement of Pell Grant funds, NPTI will use the disbursement to cover outstanding tuition and fees charges and will be disbursed within forty-five (45) days of the date NPTI determined the student withdrew. NPTI will notify a student, or parent for a Direct Parent PLUS Loan, in writing prior to making any post-withdrawal disbursement of loan funds, whether those loan funds are to be credited to the student's account or disbursed directly to the student (or parent). The notice will request confirmation of any post-withdrawal disbursement that the student or parent wishes the school to make.

A student who qualifies for a post withdrawal disbursement must meet the current award year requirements and time frames for late disbursements. A student, or parent when applicable, has 14 calendar days from the date NPTI sends a notification to accept a post-withdrawal disbursement. If a response is not received within the allowed time frame, or the funds are declined, the disbursement will not be made. Post withdrawal loan funds a student (or parent) accepts will be made within one-hundred and eighty (180) days from the date NPTI determined the student withdrew.

SATISFACTORY ACADEMIC PROGRESS

Definition

Satisfactory academic progress is defined as a student maintaining a minimum of a 'C' grade average, 70% pace completion of scheduled hours and has not exceeded the maximum timeframe for completion.

NPTI evaluates and notifies each student regarding their satisfactory academic progress at the end of each payment period. If determined at the end of the payment period a student is not meeting the SAP requirements the student will be placed on Financial Aid Probation. If the student has been placed on Financial Aid probation the student will be required to submit an academic appeal.

Students must maintain satisfactory progress in the three areas listed below:

1. Cumulative Grade Point Average
2. Hours Earned
3. Maximum Time Limit

Cumulative Grade Point Average (GPA)

Students must maintain the minimum cumulative grade point average of a C, or 70% for satisfactory progress toward graduation requirements.

Hours Earned (Compared to Hours Attempted)

Standard total hours for successful completion of the NPTI-Orlando program is 600 hours. To remain eligible for financial aid, students must meet SAP or 70% completion and 2.0 Cumulative GPA at the end of each payment period.

Maximum Length of Study

To remain eligible for financial aid, students must complete their course work within 150% of the published length of the academic program. For example, students in NPTI-Orlando's 600-hour, 18-week programs will be eligible for financial aid for a maximum of 27 weeks as a student (18 weeks x 150% = 27 weeks).

Students may re-take the course. However, students have a maximum of 27 weeks to graduate after initial enrollment.

Subsequent Disbursements

If at the end of the first payment period, the student is not meeting minimum SAP requirements, the student will be counseled and possibly placed on Academic probation for the next payment period. Federal financial aid may be awarded during that period with an approved appeal.

FINANCIAL AID PROBATION

Financial Aid Progress Review

After each payment period, an academic progress review is completed, and students who are out of compliance at the end of the payment period may become ineligible for further financial aid until all deficiencies are remedied. The Student Financial Aid Office sends written notification of ineligibility to students at their permanent email address as listed in official NPTI records in the Business Manager's Office.

Financial Aid Warning

Program length prohibits Financial Aid Warning.

Financial Aid Probation

A student will be placed on Satisfactory Academic Progress Probation if:

1. After a warning term, the Cumulative GPA is below 2.0% or 'C' average.
2. After a warning term, the Cumulative Completion Rate is below 70%.
3. Student has not attempted more than 150% of the required number of hours for completion of the NPTI Orlando certificate.

For the enrollment period following an enrollment period during which the student failed to meet SAP standards the student maybe be placed on probation and may receive title IV, HEA program funds if the student appeals the determination; and the determination is approved. The institution determines that the student should be able to meet SAP standards by the end of the subsequent enrollment period.

Re-establishing Eligibility

Students who have been deemed ineligible for financial aid may re-establish eligibility by following an NPTI developed academic plan co-developed with the student that, if followed, will ensure that the student is able to meet NPTI's satisfactory academic progress standards during the enrollment period immediately following the enrollment period for which the student did not meet SAP. Appeals must be submitted for review no later than 5 days

after being placed on probation status. Late appeals may not be considered.

A student dismissed for unsatisfactory progress may be re-admitted into the program only at the discretion of the Institution Director.

A student may submit a written appeal to the Director or Director of Education, along with any supporting documentation, reasons why the decision to terminate financial aid should be reversed, and a request for re-evaluation of the progress. The appeal should indicate reasons why the student failed to make SAP and what has changed in the student's situation that will allow the student to demonstrate SAP at the next evaluation.

Should the student prevail with his/her appeal, the student will be placed on probation for the enrollment period and financial aid will be reinstated for that enrollment period.

DEFINITIONS

Attempted Clock Hours

Defined as any clock hours for which a student is registered as of the census date of a given term.

Earned Clock Hours

Defined as any class for which a student has received credit.

Grades of A, B, C, D and F are considered "earned".

Incomplete Clock Hours

Defined as any class for a student has attempted but did not receive credit.

Grade Changes

Students are responsible for notifying the NPTI Administrative/Financial Aid Office of grade changes that affect their SAP standing.

Cumulative Completion Rate

Determined by dividing the total number of earned clock hours by the total number of Attempted Hours. Students must maintain a completion rate of 70% or more in order to maintain their good standing.

Maximum Time Frame

Defined by using the required number of clock hours needed to complete a certificate/diploma. The same calculation applies towards all certificate programs. Students must complete the program in 150% of the length of the program (i.e. 27 weeks).

GENERAL INFORMATION

Conduct

Unprofessional conduct which discredits the individual or National Personal Training Institute will be subject to termination. Students must conduct themselves so they do not interfere with other students or the instructor. The administration of National Personal Training Institute reserves the right to terminate a student on any of the following grounds:

- ✓ Non-compliance with National Personal Training Institute rules and regulations.
- ✓ Conduct that reflects unfavorably upon National Personal Training Institute or its students.
- ✓ Disruptive behavior to faculty members, students, or classmates.
- ✓ Unsatisfactory academic progress.
- ✓ Excessive absences or tardiness.
- ✓ Failure to pay fees when due.
- ✓ Cheating.
- ✓ Falsifying records.
- ✓ Breach of institution enrollment agreement.
- ✓ Failure to abide by the rules and regulations of clinical sites.
- ✓ Poor health.
- ✓ Entering the institution while under the influence or effects of alcohol, drugs, or narcotics of any kind.
- ✓ Carrying a concealed or potentially dangerous weapon.
- ✓ Sexual harassment.
- ✓ Harassment of any kind including intimidation and discrimination.

Dress Code

Students are to arrive to class in clean, comfortable attire appropriate to Personal Training. Students must wear proper exercise attire and sneakers when working out in the fitness center. Nails should be scrubbed clean and filed short. Perfume or cologne should be used minimally in order not to offend others or those allergic to scented products. Personal hygiene such as showering and hair grooming is a must before each class.

Family Educational Rights and Privacy Act

National Personal Training Institute complies with the Family Educational Rights and Privacy Act of the 1974 Buckley Amendment, Public Law 93-380, Section 438. All students' records are confidential.

Drug free Institution and Workplace

National Personal Training Institute has a zero tolerance for drugs and alcohol. No student, instructor, or employee may be on the institution premises under the influence of any substance. As a drug free and alcohol-free environment,

individuals under the influence may be subject to immediate dismissal and/or removal. Students may request counseling for substance abuse and will be referred to community resources.

No Smoking Institution and Workplace

Smoking (including vaping) will not be tolerated within 50 yards of the institution, offices, or any training site.

Sexual Harassment and Anti-Hazing Policy

The administration of National Personal Training Institute takes the issue of sexual harassment very seriously. Sexual harassment includes unwelcome sexual advances or offensive comments, gestures, or physical contact of a sexual nature between and/or among students and staff. Sexual harassment or harassment because of age, race, color, religion, national origin, or disability, will not be tolerated. This includes any kind of intimidation or discrimination. Investigation of such concerns will be undertaken promptly and handled confidentially. Behavior that denigrates the integrity of another student (hazing) will not be tolerated. If a student or employee feels that he or she has suffered a form of discrimination or harassment, the individual should immediately contact a supervisor or institution director. Students or staff involved may be subject to termination.

DISPUTES

Unresolved Disputes/Grievance Procedures

Grievance procedures are provided for students who believe that they have been unlawfully discriminated against, unfairly treated, or harassed in any way. Academic grievances relate to a complaint about a course, program of study, or grade. Students are expected to address any disagreements or conflict directly with the individual involved in person with a written document outlining the complaint and communication. After this, if there is no satisfactory resolution, the student may set an appointment by phone to see the Institution Director. All communications regarding the complaint must be in writing and all meetings and communications will be documented in the student file. Every attempt at a satisfactory resolution will be made. The grievance policy is as follows:

1. Complaints against students or employees shall first be directed to the individual. Complaints must be made within seven (7) days of the complaint.
2. If the complaint cannot be resolved informally then students shall write up the problem and submit it to the NPTI director who will research the problem and respond with a resolution within 10 working days.

3. If there has been no satisfactory resolution, then the student may take the problem to the president of NPTI.
4. All communications must be in writing and on file.
5. If the complaint cannot be resolved after exhausting the institution's policies and procedures, the student may contact:

Commission for Independent
Education 325 West Gaines Street,
Suite 1414
Tallahassee, Florida 32399-0400
888-224-6684 toll free
850-245-3200

STUDENT COMPLAINT PROCEDURE

Schools accredited by the Accrediting Commission of Career Schools and Colleges must have a procedure and operational plan for handling student complaints. If a student does not feel that the school has adequately addressed a complaint or concern, the student may consider contacting the Accrediting Commission. All complaints reviewed by the Commission must be in written form and should grant permission for the Commission to forward a copy of the complaint to the school for a response. This can be accomplished by filing the ACCSC Complaint Form. The complainant(s) will be kept informed as to the status of the complaint as well as the final resolution by the Commission.

Please direct all inquiries to:

Accrediting Commission of Career Schools & Colleges
2101 Wilson Boulevard, Suite 302
Arlington, VA 22201
(703) 247-4212
www.accsc.org | complaints@accsc.org

A copy of the ACCSC Complaint Form is available at the school and may be obtained by contacting complaints@accsc.org or at <https://www.accsc.org/Student-Corner/Complaints.aspx>

Faculty and staff are encouraged to address any disagreements or conflict directly with the individual involved. After this, if there is no satisfactory resolution, the individual may set an appointment by phone to see the institution director and then the corporate officers. This must be documented in writing via mail, fax, or email. All communications regarding the complaint must be in writing and all meetings and communications will be documented in the employee file. Every attempt at a satisfactory resolution will be made.

CLASS CALENDAR 2026 – 2027

Monday through Friday

Class Start	Graduation	Class Times
1/5/2026	5/8/2026	9:00 a.m. to 4:15 p.m.
2/9/2026	6/12/2026	9:00 a.m. to 4:15 p.m.
3/23/2026	7/24/2026	9:00 a.m. to 4:15 p.m.
5/4/2026	9/4/2026	9:00 a.m. to 4:15 p.m.
6/15/2026*	10/16/2026*	9:00 a.m. to 4:15 p.m.
7/27/2026*	11/25/2026*	9:00 a.m. to 4:15 p.m.
9/7/2026	1/22/2027	9:00 a.m. to 4:15 p.m.
10/19/2026	3/5/2027	9:00 a.m. to 4:15 p.m.
11/30/2026	4/16/2027	9:00 a.m. to 4:15 p.m.
1/25/2027	5/28/2027	9:00 a.m. to 4:15 p.m.
3/8/2027	7/9/2027	9:00 a.m. to 4:15 p.m.
4/19/2027	8/20/2027	9:00 a.m. to 4:15 p.m.
6/1/2027 *	10/1/2027 *	9:00 a.m. to 4:15 p.m.
7/12/2027 *	11/12/2027 *	9:00 a.m. to 4:15 p.m.
8/23/2027	1/7/2028*	9:00 a.m. to 4:15 p.m.
10/4/2027	2/18/2028	9:00 a.m. to 4:15 p.m.
11/15/2027	3/31/2028	9:00 a.m. to 4:15 p.m.

Holidays

NPTI observes the following holidays on the specific dates established nationally: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and day after Thanksgiving and Winter Break.

TUITION INFORMATION

Personal Fitness Training - 600 Clock Hours

Application fee.....	\$50.00 (non-refundable)
Tuition.....	\$9925.00 (\$16.54 per clock hour)
Lab Fees.....	\$250.00
Books.....	<u>\$275.00</u>
Total	\$10500.00

Advanced Personal Training – 600 Clock Hours

Application fee.....	\$50.00 (non-refundable)
Tuition.....	\$13325.00 (\$22.21 per clock hour)
Lab Fees.....	\$250.00
Books.....	<u>\$275.00</u>
Total	\$13900.00

Personal Training Specialist – 600 Clock Hours

Application fee.....	\$50.00 (non-refundable)
Tuition.....	\$13325.00 (\$22.21 per clock hour)
Lab Fees.....	\$250.00
Books.....	<u>\$275.00</u>
Total	\$13900.00

Payment Schedule

It is preferred that all tuition payments be paid in full prior to the first day of class. However, payment plans are offered. Payment may be made by cash, check, or credit card. All major credit cards are accepted. Flexible payment options include: Full Payment, Half Payments, and Monthly Payments. Students are required to have all tuition payments paid in full prior to graduation from any training program.

GRADUATION AND PLACEMENT RATES: Personal Fitness Training

Graduation Rates

NPTI Orlando Graduation Rate

Reporting Period: October 2023 – September 2024

Data submitted to the Accrediting Commission for Career Schools and Colleges

(Report submitted 10/1/2025)

Total Number of Students	39
Total Graduated	34
Percentage Graduated	87%

Employment Rates

NPTI Orlando Employment Rate

Reporting Period: October 2023 – September 2024

Total Number of Graduates Available for Employment	24
Total Employed in Field of Study	18
Employment Rate	75%

GRADUATION AND PLACEMENT RATES: Advanced Personal Fitness Training

Graduation Rates

Graduation Rate

Reporting Period: October 2023 – September 2024

Data submitted to the Accrediting Commission for Career Schools and Colleges

(Report submitted 10/1/2025)

Total Number of Students	20
Total Graduated	18
Percentage Graduated	90%

Employment Rates

Employment Rate

Reporting Period: October 2023 – September 2024

Total Number of Graduates Available for Employment	14
Total Employed in Field of Study	11
Employment Rate	79%

**GRADUATION AND PLACEMENT RATES:
Personal Training Specialist**

Graduation Rates

Graduation Rate

Reporting Period: October 2023– September 2024,

*Data submitted to the Accrediting Commission for Career Schools and Colleges
(Report submitted 10/1/2025)*

Total Number of Students	2
	New Program 2024
Total Graduated	2
	New Program 2024
Percentage Graduated	100%
	New Program 2024

Employment Rates

Employment Rate

Reporting Period: October 2023 – September 2024

Total Number of Graduates Available for Employment	2
	New Program 2024
Total Employed in Field of Study	2
	New Program 2024
Employment Rate	100%
	New Program 2024

CANCELLATION AND REFUNDS

Institutional Refund Policy

Should a student's enrollment be terminated or cancelled for any reason, all refunds will be made according to the following refund schedule:

- ✓ Cancellation can be made in person, by electronic mail, by certified Mail or by termination.
- ✓ All monies will be refunded if NPTI does not accept the applicant or if the student cancels within three (3) business days after signing the enrollment agreement.
- ✓ Cancellation after attendance has begun, through 40% completion of the program, will result in a Pro Rata refund computed on the number of hours scheduled to the total program hours of the course.
- ✓ Cancellation after completing more than 40% of the program will result in no refund.
- ✓ Refunds to students will be made within 30 days of termination of students' enrollment or receipt of Cancellation Notice from student and, for students receiving Title IV, refunds to Title IV funding will be returned within forty-five (45) days of the date of determination or receipt of cancellation notice whether officially or unofficially.

COPYRIGHT INFRINGEMENT

Purpose

The purpose of the Copyright Infringement Policy is to comply with copyright law for the use of copyrighted material. In addition, this policy seeks to make aware to all users the seriousness as well as possible consequences for unauthorized use of copyrighted material. It is illegal. For example, the copying/downloading/uploading of copyrighted materials (i.e. music) to other media (i.e., CD's, storage media and networks) from peer-to-peer networks is against the law. If users do not own the copyright, distribution of such copyrighted works should not occur.

It is NPTI policy to comply with all copyright laws. All faculty, staff, and students are expected to be aware of and follow these requirements. Any member of the NPTI community practicing unauthorized use or distribution of copyrighted material will be subject to sanctions by NPTI up to dismissal from school or termination of employment. Individuals would also be subject to Federal criminal offenses for copyright law violations.

Definitions

What is Copyright? Copyright is a form of protection provided by the laws of the United States (title 17, U.S. Code) to the authors of "original works of authorship," including literary, dramatic, musical, artistic, and certain other intellectual works. This protection is available to both published and unpublished works. Section 106 of the 1976 Copyright Act generally gives the owner of copyright the exclusive right to do and to authorize others to do the following:

- To reproduce the work in copies
- To prepare derivative works based upon the work;

- To distribute copies of the work to the public by sale or other transfer of ownership, or by rental, lease, or lending;
- To perform the work publicly, in the case of literary, musical, dramatic, and choreographic works, pantomimes, and motion pictures and other audiovisual works;
- To display the copyrighted work publicly, in the case of literary, musical, dramatic, and choreographic works, pantomimes, and pictorial, graphic, or sculptural works, including the individual images of a motion picture or other audiovisual work; and
- In the case of sound recordings, to perform the work publicly by means of a digital audio transmission.”

In addition, certain authors of works of visual art have the rights of attribution and integrity as described in section 106A of the 1976 Copyright Act. For further information, request Circular 40, ‘Copyright Registration for Works of the Visual Arts.’ “It is illegal for anyone to violate any of the rights provided by the copyright law to the owner of copyright. These rights, however, are not unlimited in scope. Sections 107 through 121 of the 1976 Copyright Act establish limitations on these rights. In some cases, these limitations are specified exemptions from copyright liability. One major limitation is the doctrine of ‘fair use,’ which is given a statutory basis in section 107 of the 1976 Copyright Act. In other instances, the limitation takes the form of a ‘compulsory license’ under which certain limited uses of copyrighted works are permitted upon payment of specified royalties and compliance with statutory conditions.

For further information about the limitations of any of these rights, consult the copyright law or write to the Copyright Office.” (www.loc.gov/copyright) US Copyright Office (www.copyright.gov)

What is the Digital Millennium Copyright Act (DMCA)? The Digital Millennium Copyright Act, H.R. 2281, was enacted into law on October 28, 1998. This act amended the copyright law to provide regulations for works cited via the World Wide Web (the Internet). To review an on-line copy of this act, please go to <http://lcweb.loc.gov/copyright/legislation/hr2281.pdf>

What is Infringement? An infringement is “a violation, of a law, regulation, or agreement; a breach.” It is an “encroachment, as of a right or privilege.”

Scope

Copyright is an issue of particular seriousness because technology makes it easy to copy and transmit protected works over our networks. While NPTI encourages the free flow of ideas and provides resources such as the wireless/internet/network to support this activity, we do so in a manner consistent with all applicable State, Local, and Federal laws. NPTI does not condone the illegal or inappropriate use of material that is subject to copyright protection.

Activities that violate Federal Law

The following are some examples of copyright infringement that may be found in a school setting:

- Downloading and sharing MP3 files of music, videos, and games without permission of the copyright owner
- Using corporate logos without permission
- Scanning a photograph that has been published and using it without permission or attribution
- Placing a number of full-text articles on a course web page that is not password protected and allowing the web page to be accessible to anyone who can access the Internet
- Downloading licensed software from non-authorized sites without the permission of the copyright or license holder
- Making a movie file or a large segment of a movie available on a web site without permission of the copyright owner

Copyright Compliance Checklist Hybrid Learning LMS

- Material may be posted to the password protected Canvas learning management system **WITHOUT PERMISSION** only if the following conditions are met:
- The instructor owns the copyright. **NOTE:** Authors of academic papers are often required to transfer copyright to publishers, and therefore retain no rights in the work. In this case, permission to post a digital copy must be obtained from the publisher.
- NPTI has a license in place that permits posting to an LMS.
- A publisher has provided digital supplements with a textbook and the license explicitly permits posting to an LMS,
- or **WRITTEN** permission has been obtained from the publisher the material has been obtained under a Creative Commons license or from Open Access sources

Additional Copyright Guidelines for Hybrid Learning LMS

- Access to audio/video recordings that are on the public Internet, such as those found on YouTube, should be provided using a link rather than by uploading a file directly to canvas.
- Access to online resources is provided via links rather than uploading the items directly into the Canvas LMS
- Published material that is not covered by a suitable license, not in the public domain, and not available through a Creative Commons or Open Source provider, should not be uploaded to the course
- Copies of published worksheets or other materials intended as “consumables” by students (i.e. study guides, workbooks, etc.), or any copyrighted book or video in its entirety, should not be included in the LMS without obtaining appropriate written permission
- After ensuring that copyrighted material can be legally used in a course, the instructor should include a citation of the original source and a copyright notice

COMBATTING THE UNAUTHORIZED DISTRIBUTION OF COPYRIGHTED MATERIAL: LEGAL ALTERNATIVES

NPTI offers legal alternatives to illegal downloading. A list of sites for legal downloading:
<http://www.educause.edu/legalcontent>

SUMMARY OF CIVIL & CRIMINAL PENALTIES FOR VIOLATION OF FEDERAL COPYRIGHT LAWS

Penalties for copyright infringement include civil and criminal penalties. In general, anyone found liable for civil copyright infringement may be ordered to pay either actual damages or “statutory” damages affixed at not less than \$750 and not more than \$30,000 per work infringed. For “willful” infringement, a court may award up to \$150,000 per work infringed. A court can, in its discretion, also assess costs and attorneys’ fees. For details, see Title 17, United States Code, Sections 504, 505. Willful copyright infringement can also result in criminal penalties, including imprisonment of up to five years and fines of up to \$250,000 per offense. For more information, please see the web site of the U.S. Copyright Office at www.copyright.gov, especially their FAQ’s at www.copyright.gov/help/faq.

Drug and Alcohol Policy

Copies of our NPTI Orlando Drug and Alcohol Abuse Prevention Program are available, upon request.

Campus Safety and Security Policy

Copies of our NPTI Orlando 2025-2026 Campus Safety and Security Report are available, upon request.



ADMINISTRATION & FACULTY

President

Patrick Sherman

Institution Director

Patty Sherman

MA- Health Counseling, Rollins College

MBA-Master Business Administration, University of Central Florida

Director of Education

Chris Williams

Master in Science in Sports Science Brunel

University

Post Graduate Certificate of Education Greenwich

University

Instructors

Chris Williams

Master in Science in Sports Science Brunel University

Post Graduate Certificate of Education Greenwich University

Michael Cortez

Bachelor of Arts State University of New York

Professional Educator License

Kristopher Saliva

Bachelor of Applied Science Eastern Florida State College

Bachelor of Sports and Exercise Science University of Central Florida

Bachelor of Professional Studies DeVry College New York

Financial Aid & Student Services

Johanna Wagner

Distance Learning Coordinator

Ashmel Chagani

Admissions

Brittany Bhulai

COURSE DESCRIPTIONS

Personal Fitness Training Course Outline

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. A clock hour is 50 minutes. The program has been reviewed by professional associations.

Course Detail

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
PF101	Introduction to business set-up, legal guidelines, resourcing equipment and marketing. Students will learn how to conduct SWOT analysis, registering a Limited Liability Company, procuring equipment for an LLC, the role of a CPA, conducting interviews, resume writing, and sales generation through professional marketing strategies.	12		12
PF102	Client Risk Stratification Teaches the student how to identify positive risk factors and signs and symptoms of cardiovascular, metabolic and renal disease via a physical activity questionnaire (PAR-Q) and health history questionnaire (HHQ). Recognition of low risk, moderate risk and high-risk clients.	8		8
PF103	Theoretical and Practical Framework of Cardiorespiratory Training Presents the underpinning chronic adaptations of cardiorespiratory training, provides students with a diverse application of systems adaptable to all demographics and the primary principles of each modality.	16	10	26
PF104	Components of Fitness, Principles of Exercise, and Goal Setting. Presents the primary components of objective outcome goals and the established science of how these can be achieved through a scientifically robust understanding of the body's physiological, neurological, metabolic and psychological adaptation.	14		14
PF105	Exercise Prescription, Program Design and Training Systems Presents ways to create, implement, and modify exercises and training programs and systems in accordance with the health and fitness merits of a client. How to manipulate the acute variables of training (sets, repetitions, intensity, volume, rest, tempo etc) to achieve the outcome goals of a client in a safe and effective manner.		170	170
PF106	Corrective Exercise & Movement Screening Presents the assessments and screening methods used in identifying movement dysfunction from a static and dynamic perspective, and the continuum utilized to correct overactive and underactive muscles to reduce the risk of injury.	20		20
PF107	Flexibility & Stretching	20	10	30

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	Presents the science and research behind flexibility training methods such as self-myofascial release, static stretching, active-isolated stretching, dynamic flexibility and proprioceptive neuromuscular facilitation (PNF).			
PF108	Human Anatomy & Physiology Presents the structure and function of the primary systems within the human body; cardiovascular, respiratory, nervous, skeletal, muscular, endocrine systems as it relates to movement, exercise prescription, and training methods.	70		70
PF109	Nutrition and Weight Management Identifying the major role of the primary macronutrients (carbohydrates, protein, fat and water) in the human body and assigning macronutrients within the context of nutrition guidelines to meet the long-term goals of a client. How to resource nutrient dense foods to construct a meal plan in accordance with the macronutrient guidelines ascertained through a comprehensive analysis.	56		56
PF110	Musculoskeletal Injuries and Post-Rehabilitation Exercise Prescription. Presents how to develop safe and effective programs for clients with pre-existing musculoskeletal injuries that are most common-place in society. These orthopedic pathologies include herniated discs, lower back pain, shoulder impingement, shoulder dislocations, anterior cruciate ligament rupture, and knee and hip replacements.	24		24
PF111	Plyometric Training Concepts Identifies the prerequisites for power training and how to structure and implement different levels of plyometrics (Stretch Shortening Cycle exercises) for the upper and lower body in accordance with the skill level of a client.	6		6
PF112	Adherence & Motivation Presents the factors that influence exercise adherence, motivation, and behavior change. Establishing a personality trait profile that maximizes long-term client retention.	8		8
PF113	Core Training & Stabilization Identifying the primary systems that comprises the core musculature and how each subsystem is trained to enhance stabilization, movement efficiency, and injury reduction.	12	8	20
PF114	Fitness Assessments Implementing precise methodologies that ascertain a diverse spectrum of health and fitness data and the use of that objective information to achieve specific outcome goals. These assessments include body fat analysis, blood pressure, circumference measurements, metabolic calculations to ascertain BMR and TDEE, VO2 max testing, flexibility, performance and strength tests.	16	12	28
PF115	Biomechanics Identifying the lever systems on the human body as it relates to exercise/movement, calculating force, work and power output in exercise	8	4	12

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	prescription, evaluating biomechanically strength differentials, length tension relationships, force velocity curve and angles of pennation.			
PF116	Exercise Metabolism (Bioenergetics) Adenosine Triphosphate (ATP) production from the metabolism of carbohydrates, protein and fats and the biological pathways in which these macronutrients produce energy for muscular contraction and movement. The impact of exercise intensity on different energy systems.	20	4	24
PF117	Theoretical Constructs of Program Design and Periodization Presents the underpinning science of exercise prescription and program design as it impacts the neurological, muscular, metabolic, and psychological systems of the body. Exploring the concept of periodization to reduce injuries and client “drop-out” using different training models.	16		16
PF118	Supplementation and Performance Enhancement Aids Presents a review of the primary supplements and anabolic agents in contemporary society and their reported ergogenic impact on strength and aerobic performance. Evaluating their efficacy, adverse impact, and potency on performance and health.	7		7
PF119	CPR/AED & First Aid Students are certified in CPR & First Aid by a Red Cross certified technician.	5		5
PF120	Special Populations An understanding of the primary pathologies affecting client populations and how to safely and effectively prescribe exercises within our scope of practice. These pathologies include but is not limited to diabetes, multiple sclerosis, youth, asthma, pregnancy, dementia, hypertension, Parkinson’s Disease and disabled populations.	44		44
	Final Review & Test (Theory) Final exam to test the students on all aspects of training, anatomy and physiology, bioenergetics, biomechanics, nutrition, supplementation, psychology, risk stratification, exercise programming, corrective exercise and special populations.	8		8
	Final Review & Test (Practical) Final practical exam which consists of a comprehensive training program. This includes risk stratification, verbal screening, testing, program design and cooldown.		8	8
	Practical Application Case Studies The experience and application part of the training is designed to evaluate, design, and implement a complete workout for a fellow student or client after establishing a personal profile. This includes body weight, body fat percentage, metabolic calculations, postural assessments, movement analysis, and performance results. This culminates in a		12	12

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	specifically tailored program designed to address any issues identified.			
	Total Hours	382	218	600

Advanced Personal Training Course Outline

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. A clock hour is 50 minutes. The program has been reviewed by professional associations.

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
BC 101	<u>Psychological Aspects of Behavior Change</u> Presents information on the behavior change matrix and how to use effective goal setting, cognitive behavior therapy, and effective imaging that facilitates behavior change in health and fitness.	20		20
BC 102	<u>Communication and Coaching</u> Teaches the students the scope of practice of a coach and the primary elements of coaching communication which encompasses general coaching, learning preferences, evaluation techniques, and identification strategies for overcoming issues with coaching.	20		20
BC 103	<u>Interpersonal & Social Influences on Behavior Change</u> Presents how social and multicultural considerations affect healthy behavior change in contemporary society.	20		20
BC 104	<u>Nutritional Programming for Special Populations</u> Addressing nutritional intervention strategies for clients who have special dietary requirements due to metabolic pathologies, diseases and /or change in health status.	15	15	30
BC 105	<u>Evaluating the Metabolic Process of Different Diets</u> Present information that scientifically evaluates the “pro’s and con’s” of different diets used by members of the general population and its impact on the metabolic processes.	25		25
BC 106	<u>Macronutrient and Micronutrient Meal Planning</u> Present information on assessing individual metabolic needs and prescribing carbohydrates, protein, fat, vitamins and minerals that fulfil their daily requirements.	20	15	35
BC 107	<u>Modern Meal Planning</u> Present information via an interactive data base from which students can resource their macronutrients and micronutrients for their clients.		50	50
CE 101	<u>Assessing for Biomechanical Joint Dysfunction</u> Presents the scientific rationale for evaluating joint range of movement as it pertains to translational movement and the implications of restricted kinetic chain dysfunction.	20	10	30
CE 102	<u>Assessing for Human Movement Dysfunction</u> Presents the practical methodologies and interpretation of findings that results from static postural assessments, movement assessments and functional strength assessments.	20	10	30
CE 103	<u>Corrective Exercise Strategies for Orthopedic Pathologies</u>	20	15	35

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	Presents the construction and implementation of corrective exercise programs to correct upper and lower body pathologies related to neuromuscular skeletal imbalances.			
SP 101	<u>Health Appraisal and Fitness Assessments</u> Determining the need for medical clearance and medical supervision during exercise testing and training and, the administration of specific tests that evaluate individual fitness parameters.	11	6	17
SP 102	<u>Training Special Populations</u> Presents information on the role and scope of practice of personal trainers in addressing orthopedic and disease pathologies that negatively impacts quality of life.		20	20
SP 103	<u>Musculoskeletal Conditions and Disorders</u> Presents information and safe exercise programming guidelines for the pathophysiology of lower back pain, posture conditions, osteoporosis and osteopenia, osteoarthritis, joint disorders, joint replacements, frailty and sarcopenia.		6	6
SP 104	<u>Metabolic Conditions & Disorders</u> Identifies the underlying causes and exercise benefits of obesity, type 1 and type 2 diabetes, dyslipidemia, hyper and hypothyroidism, and chronic kidney disease.	10	6	16
SP 105	<u>Pulmonary Disorders & Conditions</u> Presents an understanding and the importance of exercise in addressing the physiological and physical characteristics of asthma, exercise induced bronchoconstriction, pulmonary hypertension, COPD, chronic restrictive pulmonary disease, and cystic fibrosis.	6	4	10
SP 106	<u>Cardiovascular Conditions and Disorders</u> Presents information on the safe exercise guidelines for training clients with hypertension, peripheral arterial disease, angina, chronic heart failure, myocardial infarction, atrial fibrillation and pacemakers.	6		6
SP 107	<u>Immunologic & Hematologic Disorders</u> Presents information on safe and effective exercise variables for clients with rheumatoid arthritis, lupus, chronic fatigue syndrome, fibromyalgia, HIV/AIDS, sickle cell disease, and hemophilia.	6		6
SP 108	<u>Neuromuscular Conditions & Disorders</u> Present information on how different neurological disorders affect the ability to exercise and to safely construct exercise programs for multiple sclerosis, Parkinson's disease, muscular dystrophy, cerebral palsy, traumatic brain injuries, stroke, spinal cord injuries, and epilepsy.	6	4	10
SP 109	<u>Cognitive Conditions & Disorders</u> To recognize the range of cognitive disorders and their respective etiologies and how to safely and effectively prescribe exercises for clients with autism spectrum disorder, downs syndrome, and intellectual disability.	6		6
SP 110	<u>Cancer, Seniors, and Female Specific Disorders</u> Presents information on different cancer pathologies and treatments, addressing the older client, and menopause in senior females and subsequent exercise programs to aid recovery and/or assist in activities of daily living.	8		8
YF 101	<u>Anatomical & Physiological Considerations for Youth Training</u> Present the fundamental principles in pediatric sciences and the benefits of regular physical activity on health and fitness performance in school-age youth.	40	10	50
YF 102	<u>Training the Components of the Youth Training Models</u>	35	30	65

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	Present the youth physical development model and how it provides a logical and evidence-based approach to the systematic development of physical performance in young populations.			
YF 103	<u>Strength & Conditioning for the Youth Populations</u> Presenting the versatility in program design that encompasses all the physical, psychological, and emotional aspects of training a growing child.	40	45	85
	Final Review & Test Theory	354	246	600
	Final Review & Test Practical		15	15
	TOTAL	360	240	600

Personal Training Specialist Course Outline

The course numbers are based on course codes established by NPTI and do not relate to state common numbering systems. A clock hour is 50 minutes. The program has been reviewed by professional associations.

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
SF	Strength & Flexibility Coach Module			200
SF 101	<u>The Science of Flexibility</u> Presents information on the underpinning principles of flexibility with specific reference to the role of the mechanoreceptors (muscle spindles and Golgi Tendon Organs) and how these can be exploited to improve range of motion (ROM) at all joints.	20		20
SF 102	<u>Factors Affecting of Flexibility</u> Presents information on the anatomical factors influencing the properties involved in stretching such as joint structure, body size, and connective tissue extensibility. In addition, the course will teach the students how to measure ranges of motion for each joint in order to obtain objective data.	20		20
SF 103	<u>Types of Flexibility</u> Presents the underpinning sciences of proprioceptive neuromuscular facilitation (PNF), static/passive stretching, ballistic stretching, active isolated stretching, and dynamic flexibility.	10	10	20
SF 104	<u>Assisted Static Stretching Techniques</u> Presents information on the role of autogenic inhibition and reciprocal inhibition in static and PNF techniques.as it relates to improving functional performance and muscle recovery.	15	15	30
SF 105	<u>Advanced Stretching Techniques for Special Populations</u> Advanced stretching techniques for special populations. Presents information on the utilization of weighted stretching using external resistances such as dumbbells, barbells, wedges, benches and resistance bands for the advanced fitness enthusiast and athletes. Program construction with a focus on developing stretch under tension to develop strength.	10	10	20
SF 106	<u>Stretching and Reducing the Risks of Injury</u>	20	10	30

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
	Presents information on the science of general and specific stretching protocols to reduce injuries in general and sports populations. Constructing and implementing individually tailored stretching programs for healthy populations.			
SF 107	<u>Goniometer Testing</u> Identifying the importance of achieving optimal range of motion in human movement through a quantifiable assessment. Demonstrate the ability to measure range of motion in all the primary joints on the human body and how this relates to optimal movement patterns in exercise or activities of daily living.	5	5	10
SF 108	<u>Creating a Customized Strength Stretching Program</u> Present information on creating and implementing strength stretching programs that utilize weight loading principles to develop greater functional ranges of motion (ROM).		50	50
	<i>Total Strength & Flexibility Coach Module</i>	<i>100</i>	<i>100</i>	<i>200</i>
SS	Sports Specific Training Module			
SS 101	<u>Psychology of Sports Specific Training</u> Presents the scientific rationale for understanding the psychological constructs of motivation, arousal, focus, and confidence and their impact on sports performance. A comprehensive review of the terms relevant to psychological areas of concern such as anxiety, attention, self-efficacy, imagery, goal setting, and the ideal performance state. How to use psychological constructs to facilitate skill acquisition and learning in sports.	30	10	40
SS 102	<u>Sports Performance Testing</u> Presents a comprehensive analysis of how to identify and evaluate a test's validity and reliability in accordance with specific sports or player positions. Determine how to administer test methodologies, data collection, and data interpretation to develop personal player profiles.	20	10	30
SS 103	<u>Nutrition Strategies for Maximizing Sports Performance</u> Presents a comprehensive analysis of how to evaluate caloric requirements and what caloric intake are needed for various sports and player positions. Evaluating pre-match and post-match nutrition with specific reference to carbohydrate loading cycles for the elite athlete. Understanding the importance of hydration and the retention of electrolyte balance in order to optimize performance.	30		30
SS 104	<u>Program Design for Resistance Training in Sports</u> Presents the underpinning knowledge of the acute variable of resistance training to achieve muscular endurance, hypertrophy, maximum strength, and power in different sporting disciplines. How to manipulate volume and intensity throughout a training cycle to minimize injury and burn-out and to maximize results.	10	5	15
SS 105	<u>Training for Speed, Agility and Quickness in Sport</u> Presents the practical methodologies necessary to develop the components of speed (stride length and frequency), how to control the center of gravity at speed, and sprinting drills/techniques to develop efficient movement in different sports.		25	25
SS 106	<u>Periodization for Basketball/Volleyball Specific Training</u> Presents the theory and practical methodologies necessary to design programs specifically related to performance enhancement in Basketball and Volleyball.	10	10	20

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
SS 107	<u>Periodization for Football/Soccer Specific Training</u> Presents the theory and practical methodologies necessary to design programs specifically related to performance enhancement in Football and Soccer.	10	10	20
SS 108	<u>Periodization for Golf/Baseball Specific Training</u> Presents the theory and practical methodologies necessary to design programs specifically related to performance enhancement in Golf and Baseball.	10	10	20
	<i>Total Sports Specific Training Module</i>	<i>120</i>	<i>80</i>	<i>200</i>
NG	Next Generation Personal Fitness Module			200
NG 101	<u>Senior Fitness: Understand Human Aging</u> Explore the definitions of age and the aging process as it relates to chronological age, biological age, psychological age, and social age. In addition, understand the biological theories of aging with specific reference to the cellular theory of aging, genetic and control theory of aging and what is successful aging.	15	5	20
NG 102	<u>Physical and Psychological Benefits of Physical Activity and Exercise for Healthy Older Adults</u> This course explores the physical benefits of physical activity as it relates to improving aerobic capacity, cardiovascular function, body composition, bone health, muscle strength, power, and endurance, balance, flexibility, physical functioning, and activities of daily living. In addition, understand the benefits of physical activity on psychological well-being, quality of life, depression, anxiety, mood, and cognitive performance.	10	10	20
NG 103	<u>Orthopedic Stress Reduction Program Design for Older Adults</u> Presents information on safe and effective exercise programming for the older populations with specific reference to lower back pain, spinal stenosis, osteoporosis and osteopenia, osteoarthritis, joint disorders, joint replacements, frailty, sarcopenia and sarcopenic obesity (SO).	10	15	25
NG 104	<u>Program Design & Nutritional Considerations for Endometriosis and Polycystic Ovarian Syndrome (PCOS)</u> Program design for endometriosis and polycystic ovarian syndrome (PCOS). Presents a scientifically robust understanding of the pathophysiology of endometriosis and PCOS, the implications of exercise prescription and the nutritional modifications necessary to manage these conditions. Program construction and guidelines with specific exercises that help with pain management.	15	5	20
NG 105	<u>Understanding the Physiological and Psychological impact of Menopause and its implications on Program design</u> Presents the definition of menopause and the stages of menopause with all the primary vasomotor symptoms, sexual symptoms, physical symptoms, and psychological symptoms. The course will assess how to train a client through the various phases of menopause in a safe and effective manner.	5	5	10
NG 106	<u>Menstrual Cycle: Nutrition and Training Considerations</u> Menstrual cycle: nutritional and training implications. Presents a clear understanding of the menstrual cycle as it relates to different phases and the implications this has on a clients psychological, emotional, and physical well-being. A concise evaluation of how exercise in conjunction with nutrition can positively impact females as a management strategy.	15	15	30

Course #	Course Title and Description	Theory Hours	Practicum/ Lab Hours	Total Hours
NG 107	<u>Training and Nutritional Implications for the Female Athletic Triad</u> Training and nutritional implications of the female athletic triad. Presents information on the triad of diseases associated with the female athletic triad and how these can be avoided in high volume exercise programs through a conscientious approach in program design and nutritional evaluation. Program design specifically constructed to enhance bone mineral density and the preservation of muscle mass in female athletes.	10		10
NG 108	<u>Building a Virtual Personal Training Business</u> Present information on how to start and manage a virtual training business. Understanding the technology needed to support virtual training, setting up a space to train with necessary equipment, preparing your clients for virtual training.	10	10	20
NG 109	<u>Virtual Personal Training Assessments</u> This course explores the different techniques necessary to assess a personal training client virtually. Understanding the screening process necessary to conduct comprehensive evaluations remotely.	10	15	25
NG 110	<u>Program Design for Virtual Training</u> Presents information and safe exercise programming guidelines in a virtual environment. Students will practically apply techniques to training clients from a virtual location.		20	20
	<i>Total Next Generation Training Module</i>	100	100	200
	TOTAL			600

