NATIONAL PERSONAL TRAINING INSTITUTE®

STUDENT CATALOG

VOLUME 23

2026-2027

TAMPA

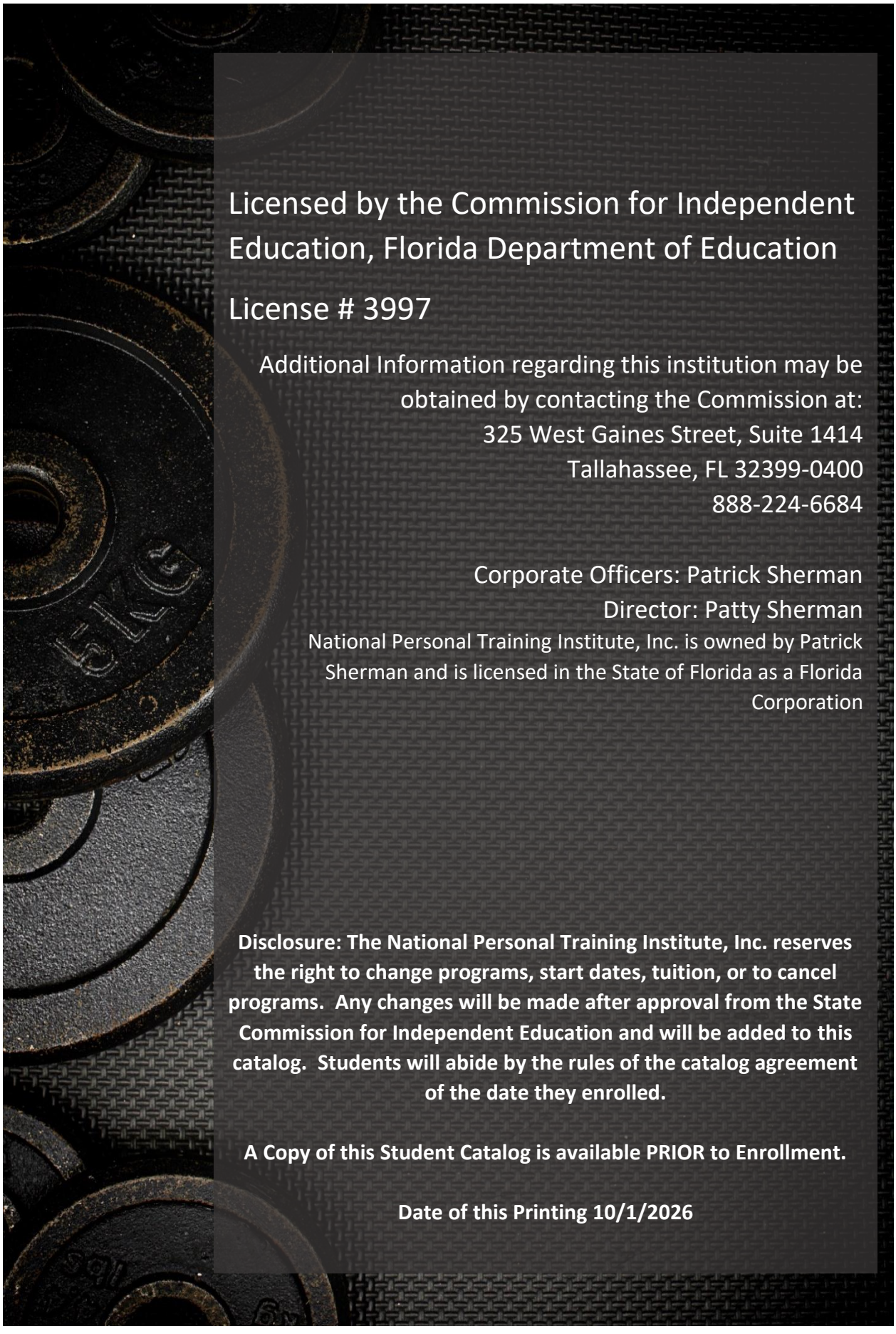
NATIONAL PERSONAL
TRAINING INSTITUTE, INC



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5820 W Cypress Street
TAMPA, FL 33607
813-374-2017

MAIN CAMPUS
3451 TECHNOLOGICAL AVE
SUITE 3
ORLANDO, FL 32817
407-772-0057

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



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

License # 3997

Additional Information regarding this institution may be obtained by contacting the Commission at:
325 West Gaines Street, Suite 1414
Tallahassee, FL 32399-0400
888-224-6684

Corporate Officers: 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: The 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 added to this catalog. Students will abide by the rules of the catalog agreement of the date they enrolled.

A Copy of this Student Catalog is available PRIOR to Enrollment.

Date of this Printing 10/1/2026

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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. Training includes classroom instruction plus supervised, hands-on gym time. The program is 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 prepare graduates to enter the workforce. 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.

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

Courses are completed sequentially as offered. 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 - 600 Hours

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 training programs are hands-on throughout giving students opportunities to experience being a Personal Fitness Trainer. Practice sessions occur within the first week.

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.

	Course Title and Description	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
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

Award

Diploma
382 Theory Hours
218 Lab Hours
600 Total Hours

ACCREDITATION

Accrediting Commission of Career Schools and Colleges

NPTI 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

Facility

Classes are conducted in a classroom/college environment located at 5820 W Cypress St, Suite D, Tampa, FL 33607. The facility is comprised of a classroom, administrative offices, student resource center, and practical area. We also utilize the Flex & Flow Fitness Center within the same complex for practical portions of the program.

Theory

The classroom accommodates up to 18 students, plus the administrator's and teacher's office area, student resource center and functional demonstration room. Students have access to all campus resources during school hours. Teaching is offered through lecture, video, practical demonstration, and written materials.

Practical

The on property Flex & Flow facilities offer cardio training equipment, resistance training equipment, group fitness, and other fitness related equipment. NPTI Tampa personal training students enjoy a supportive and motivating training environment. Flex & Flow Spans roughly 9,800 square feet of indoor and outdoor HYROX training space. Strength & Conditioning: Features over 60 brand-new pieces of elite equipment (from Premier Strength),

including a dedicated heavy-lifting layout, turf area, treadmills, ellipticals, steppers, free weights, fit balls and bands and specialized lower-body zones like a dedicated glute room. Also includes an outdoor training area right by the beach and a private posing room.

Recovery & Wellness Amenities: The facility doubles as a comprehensive wellness hub offering advanced recovery therapies including, cold plunges and cryotherapy chambers, Subzero ice gun-powerful recovery tool that uses targeted cold therapy, Infrared saunas, infrared treadmills, and infrared Stairmasters, Hyperbaric oxygen chambers and red-light therapy beds and Infrared treadmill, EMS body contouring and 3D body scanning, and PEMF Mat (Pulsed Electromagnetic Field) mat uses low frequency waves to stimulate the body's natural recovery.

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

Equipment

Assorted Anatomical Charts	Assorted Training
Skeleton	TRX Straps
Free Weights	Exercise Balls
Skinfold Calipers	Kettleweights
Tape Measure	12" Aerobic Steps
Blood Pressure Cuffs	Resistance Bands
Stethoscope	Exercise Interval Timer
Training Cones	Agility Ladders
Sleds	Plyo Boxes
Medicine Balls	Wheelchair
Scale	Exercise Mats
TV/DVD	Heavy Equipment
Stop Watched	FMS Assessment Kit
Hurdle Steps	Foam Rollers

Textbooks

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

Other Resources

Sport Science (television series); MobilityWOD; 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.

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

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.

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 transcripts and copies of diplomas or other documentation of equivalency. All documents not written in English must be submitted along with a certified English translation. 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.

ENROLLMENT PROCEDURE

The first step in the enrollment process is to tour 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.

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 $25.00. 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 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 services through our onsite Branch 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

Excused and non-excused absences are considered the same when computing maximum number of allowable 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 students 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 resident 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 $25.00 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

Bi-weekly 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

An NPTI student will be terminated if the student has unexcused absences for 14 days consecutively or exhausts maximum completion timeframe of 150% of the program.

Official Withdrawals

Students must notify the director in writing of their intention to withdraw from the program. For purposes of cancellation, the date shall be the date of determination.

Unofficial Withdrawals

Dismissal Policy –Students who fail to comply with attendance, academic requirements, or the code of student conduct are subject to dismissal by the director. A review and conference with the director will be scheduled upon infraction. The unexplained absence of a student from NPTI for more than 14 consecutive calendar days shall constitute notice of cancellation to NPTI. For purposes of cancellation, the date shall be the date of determination.
Scheduled school closure dates 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.

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 period of enrollment 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

If you receive Title IV also known as federal financial aid and withdraw from NPTI within the first 60% of the period of enrollment, with or without official

notification to the school, a pro-rated portion of your financial aid may need to be returned to the Department of Education. In this case, you will be billed for the amount of aid that must be repaid and transcript-hold will be placed on your account until the bill is settled. After 60% of the enrollment period 100% the students financial aid funds received for that period will be considered earned and no refunds would be due. If you did not receive all of the funds that you earned, you may be due a post- withdrawal disbursement. For more detailed information see the Financial Aid office. Students are considered to be withdrawn if:

- ✓ A student does not complete all the clock hours within the schedule program completion dates, or
- ✓ A student stops coming to class with or without official notification for 14 days consecutively, or
- ✓ A student ceases coming to class and is not on an approved leave of absence, or
- ✓ A student who did not return from an approved leave of absence.

The student's responsibilities in regard to the Return to Title IV funds are as follows:

- ✓ When possible, the student should notify NPTI in writing of official withdrawal;
- ✓ Return unearned Title IV funds that were disbursed to the student where in the student was deemed ineligible, based on the calculation;
- ✓ Borrowers of Direct Stafford Loans are required to complete an online Exit Interview before leaving NPTI.

Any amount of unearned grant funds that you must return is called an overpayment. The maximum amount of a grant overpayment that you must repay is half of the grant funds you received or were scheduled to receive. You do not have to repay a grant overpayment if the original amount of the overpayment is $50 or less. You must make arrangements with NPTI or the Department of Education to return the unearned grant funds.

Any student who withdraws officially or unofficially will be made aware of the possible consequences of withdrawing. For financial aid students, repayment on Federal Loans begins six months from their 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. For LOAs the repayment will be effective of the initial LOA date.

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 period of

enrollment in which the student drops. 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).

Title IV Refunds are refunded in the following order:

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

The requirements for Title IV program funds when you withdraw are separate from any institutional refund policy that NPTI may have. Therefore, you may still owe funds to NPTI to cover unpaid institutional charges. NPTI may also charge you for any Title IV program funds that NPTI was required to return. For detailed information please see the campus Director.

Post-withdrawal Disbursement

If the student is eligible for a post-withdrawal disbursement the school will advise the student or parent they have fourteen (14) calendar days from the date NPTI sent notification to accept a post withdrawal disbursement. A student who qualifies for a post withdrawal disbursement must meet the current award year requirements and time frames for late disbursements. A post withdrawal for Pell Grants of which the student is awarded will be disbursed within forty-five (45) days of the date NPTI determined the student withdrew. Post withdrawal loan funds a student 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 enrollment period. If determined at the end of the enrollment 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 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 enrollment 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's 600-hour, 18-week program 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 enrollment period, the student is not meeting minimum SAP requirements, the student will be placed on Financial aid probation for the next enrollment period. Federal financial aid may be awarded during that period with an approved appeal.

FINANCIAL AID PROBATION

Financial Aid Progress Review

After each enrollment period, an academic progress review is completed, and students who are out of compliance at the end of the enrollment 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 addresses as listed in official NPTI records in the Business Manager's Office.

Financial Aid Warning

Program length prohibit 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:
NPTI Tampa Schedule 2026-27
Personal Fitness Training
18 – Week Program
Monday through Friday*
9:00 a.m. to 4:15 p.m.

Start	End
1/19/2026	5/22/2026
3/2/2026	7/3/2026
4/6/2026	8/7/2026
5/26/2026	9/25/2026
7/6/2026	11/6/2026
8/10/2026	12/11/2026
9/28/2026	2/12/2027
11/9/2026	3/26/2027
12/14/2026	4/30/2027
2/15/2027	6/18/2027
3/29/2027	7/30/2027

5/3/2027	9/3/2027
6/21/2027	10/22/2027
8/2/2027	12/3/2027
9/7/2027	1/21/2028
10/25/2027	3/10/2028
12/6/2027	4/21/2028

*Additional Make Up Days will be added when necessary to accommodate Holidays

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……..…….. $275.00
Total $10500.00

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.

NPTI TAMPA

GRADUATION AND PLACEMENT RATES

Reporting Period: October 2024 – September 2025

Data submitted to the Accrediting Commission for Career Schools and Colleges

(Report submitted 10/1/2026)

GRADUATION RATES

Program	Total # of Students	Total Graduated	Graduation Rate
Personal Fitness Training	39	35	90%

Reporting Period: October 2024 – September 2025

Data submitted to the Accrediting Commission for Career Schools and Colleges

(Report submitted 10/1/2026)

PLACEMENT RATES

Program	Total Number of Graduates Available for Employment	Total Employed in Field of Study	Employment Rate
Personal Fitness Training	22	17	77%

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 will be made within 30 days of termination of students' enrollment or receipt of Cancellation Notice from student and, for students receiving Title IV returns to the Department of Education will be made 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.



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 Drug and Alcohol Abuse Prevention Program are available, upon request.

Campus Safety and Security Policy

Copies of our NPTI Tampa 2025-26 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

Branch Director
Yudelka Ortiz

Financial Aid Director
Dan Millington

Director of Education
Chris Williams
Master in Science in Sports Science Brunel University
Post Graduate Certificate of Education Greenwich University

Instructor(s)
Theory Fitness Trainer
Practical Fitness Trainer

Clifford Graham

COURSE DESCRIPTIONS

Personal Fitness Training Course Outline

Courses are aligned with the NPTI syllabus. 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 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 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 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
	Total Hours	382	218	600