

Professional Fitness Instructor Training

Mailing only: 310 Morton St., Suite 360, Richmond, TX 77469

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Internet: www.pfit.org

Personal Fitness Trainer School and PFIT Certification Exam to be held at the

Memorial Hermann - HBU Wellness Center

7731 Southwest Freeway, Houston, TX 77074

713-448-WELL (9355)

Personal Fitness Trainer School Schedule Start Date of April 16, 2010

Date	Day	Time	Time	Format	Description	Hrs
04/16/10	Friday	5:00 PM	5:30 PM		Check In – Issue Materials	
		5:30 PM	6:00 PM	Lecture	Introduction to Course	0.5
		6:00 PM	8:00 PM	Lecture	Anatomy	2.0
		8:00 PM	10:00 PM	Lecture	Kinesio-Dynamics	2.0
04/23/10	Friday	5:30 PM	9:00 PM	Lecture	Physiology - Theory and Applications	3.5
		9:00 PM	10:00 PM	Lecture	Nutrition	1.0
04/30/10	Friday	5:30 PM	7:00 PM	Lecture	Nutrition Weight Management	1.5
		7:00 PM	8:30 PM	Lecture	Health Considerations	1.5
		8:30 PM	10:00 PM	Lecture	8-Step Process	1.5
05/07/10	Friday	5:30 PM	7:30 PM	Lecture	Special Pops / Case Studies	2.0
		7:30 PM	10:00 PM	Practical	Evals - B/P, HR, Body Comp	2.5
05/14/10	Friday	5:30 PM	7:30 PM	Practical	Musculoskeletal Principles	2.0
		7:30 PM	10:00 PM	Practical	Musculoskeletal Circuits Hands On Applications	2.5
05/16/10	Sunday	9:00 AM	12:00 PM	Lecture	Core Stability / Resistance	4.0
		1:00 PM	5:00 PM	Practical	Evals, Flex, MS, Cardio Hands On Applications	4.0
05/21/10	Friday	5:30 PM	10:00 PM	Lecture / Practical	Case Study / Practical Preparation / Injury Prevention	4.5
05/22/10	Saturday	9:00 AM	5:00 PM	PFT Exam Review	PFIT Theory Review	7.0
05/23/10	Sunday	9:00 AM	5:00 PM	PFT Exam Review	PFIT Theory / Practical Review	7.0
05/30/10	Sunday	7:00 AM	12:00 PM	PFIT-PFT Exam	Practical Exam	
		1:00 PM	5:00 PM	PFIT-PFT Exam	Written Exam	

Schedule Note: 5:00 – 5:30 PM every Friday is utilized as an informal review of the previously presented material with Q&A. Review attendance is optional.

Information Subject to Change

PFIT reserves the right to cancel or change any scheduled school or event.

Contact PFIT for Final Information and Registration

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