

# Professional Fitness Instructor Training

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

Tel: 281-344-9910 or 800-899-7348

www.pfit.org

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

**Memorial Hermann Wellness Center**

7731 Southwest Frwy, Houston, TX

## Personal Fitness Trainer School Schedule Start Date of September 10, 2010

Date	Day	Time	Time	Format	Description	Hrs
09/10/10	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	Physiology - Theory and Applications	3.5
		8:00 PM	10:00 PM	Lecture	Nutrition	1.0
09/17/10	Friday	5:30 PM	9:00 PM	Lecture	Anatomy	2.5
		9:00 PM	10:00 PM	Lecture	Kinesio-Dynamics	2.0
09/24/10	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
10/01/10	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
10/08/10	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
10/10/10	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
10/15/10	Friday	5:30 PM	10:00 PM	Lecture / Practical	Case Study / Practical Preparation / Injury Prevention	4.5
10/16/10	Saturday	9:00 AM	5:00 PM	PFT Exam Review	PFIT Theory Review	7.0
10/17/10	Sunday	9:00 AM	5:00 PM	PFT Exam Review	PFIT Theory / Practical Review	7.0
10/24/10	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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