Advanced Personal Fitness Trainer Program (ACE or ACSM)

Program Duration: 9 months

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| **Course Sequence** | **Suggested Study Schedule** |
| Introduction to Exercise Science-Level I (Anatomy and Kinesiology) | Week 1-4 |
| Introduction to Exercise Science-Level II (Exercise Physiology) | Week 5-8 |
| Health Risk Profiles and Fitness Assessment Techniques | Week 9-12 |
| Business Administration and Management Aspects for Personal Trainers | Week 13-16 |
| Designing Exercise Prescriptions for Normal/Special Populations ) | Week 17-20 |
| Functional Flexibility, Core and Balance Training   | Week 21-24 |
| The Science and Biomechanics of Resistance/Weight Training Techniques | Week 25-28 |
| Nutritional Analysis and Management | Week 29-32 |
| **Elective Course:**Optional Field Internship in Personal Training (elective)  |  |

* The above schedule is provided as a generic guideline to help students manage their study pace efficiently towards on time completion.
* Students who are able to finish courses in a faster pace are allowed and encouraged to do so for earlier completion.
* We recommend students to follow the course sequence in the order listed above.