

Advanced Personal Fitness Trainer Program (ACE or ACSM)

Program Duration: 9 months

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.