

The NPTC course is composed of 6 modules of learning content with a range of assessments as outlined below:

Course Structure	Learning topics
<p>1st term:</p> <p><u>Course 1:</u> Anatomy & Physiology for Health and Fitness</p> <p><u>Course 2:</u> Fitness Instructor</p>	<ul style="list-style-type: none"> • Skeletal anatomy • Anatomy of the joints • Muscular anatomy • Exercise and muscle function • Cardiorespiratory physiology • Biological energy systems • Nervous system • Hormonal systems • Body temperature regulation • Role of the fitness instructor • Effective health and safety • Fitness induction • Motivation and instructional skills • Exercise library
<p>2nd term:</p> <p><u>Course 1:</u> Nutrition for Health and Fitness</p> <p><u>Course 2:</u> Business skills for Personal Training</p>	<ul style="list-style-type: none"> • Digestion • Dietary macro-nutrients • Dietary micronutrients • Hydration • Diet for endurance exercise • Diet for high intensity exercise • Diet for muscular development • Diet for body fat reduction • Key principles and customer service • Personal training business models • Developing products and services • Business branding and marketing • Business planning • Selling personal training
<p>3rd term:</p> <p>Consultation, Testing and Programme Design</p>	<ul style="list-style-type: none"> • Components of fitness • Communication skills • Collecting information • Fitness assessment • Posture assessment • Exercise programme design • Long and short-term programme planning • Progressing a programme plan

4th term:

Exercise Instruction for Personal Training

- Voluntary Fitness Internship (30 hours)
- Instructional skills
- Personal training session delivery
- Advanced training methods
- Exercise safety and spotting

Video Exercise Library:

- CV exercises
- Mobilisation exercises
- Cable machine exercises
- Barbell exercises
- Dumbbell exercises
- Bodyweight/core exercises
- Static/assisted stretching exercises

Average weekly study/practical time across 24-week course: 12 hours / week

Structure:

6 modules are spread across 4 x 6 week terms (total 24 study weeks) with a 1 week break between terms giving a 7 week cycle (longer breaks are scheduled over the Summer and Christmas vacations)