

# What is the content of the Gym Instruction Module?

## Gym Instruction Diploma Syllabus

- Explain the meaning of physical fitness including its components.
- Understand the factors affecting physical fitness.
- Understand the principles of training and their application to training programs for a variety of individuals.
- Perform a medical and lifestyle screening of a client and advise as to risks or contraindications that may be present before exercise begins.
- Conduct a variety of static measurements such as weight, height, blood pressure and other tests to establish a base with the client.
- Measure components of fitness such as aerobic endurance, flexibility, body fat, and muscle strength/endurance.
- Adjust the program accordingly depending on the findings of the pre-exercise screening.
- Calculate training heart rates for all clients during aerobic exercise.
- Understand, select and justify and teach a wide range of fitness programs suitable for different clients.
- Explain the structure of a fitness session including warm up and cool down.
- Understand the expected responses of the body to different training programs.
- Demonstrate and teach all known resistance machine weight, free-weight body resistance and other equipment type exercises.
- Explain the benefits and short comings of each type of resistance training device/equipment.
- Design a wide variety of resistance programs to suit any individual.
- Understand and explain the importance of home care advice after each training session.
- Be able to give constructive and specific feed back to the clients while the program progresses.
- Demonstrate and coach a variety of flexibility exercises and sessions using all the methods available.
- Design, teach and supervise modified programs for a variety of clients with special requirements due to medical conditions that may be present.
- Understand and explain controversial exercises which may vary for different clients.
- Understand the risks of overtraining and help clients to avoid this situation with correct programs and close supervision.
- Carry out a risk assessment of an exercise area in order to avoid incidents or accidents and resulting injury.
- Demonstrate good hygiene practices when using exercise areas and equipment.
- Design, demonstrate and teach a variety of circuit training sessions for different clients and different goals.
- Able to deal with emergencies in the exercise area and perform first aid techniques where necessary and appropriate.



# What is the content of the Studio Instruction Module?

## Studio Instruction Diploma Syllabus

- Explain the meaning of physical fitness including its components.
- Understand the factors affecting physical fitness.
- Understand the principles of training and their application to training programs for a variety of individuals.
- Perform a medical and lifestyle screening of a client and advise as to risks or contraindications that may be present before exercise begins.
- Adjust the program accordingly depending on the findings of the pre-exercise screening.
- Calculate training heart rates for all clients during aerobic exercise.
- Understand, select and justify and teach a wide range of studio sessions suitable for different clients.
- Explain the structure of a studio session including warm up and cool down.
- Understand and explain the importance of home care advice after each training session.
- Be able to give constructive and specific feed back to the clients while the program progresses.
- Demonstrate and coach a variety of flexibility exercises and sessions using all the methods available.
- Design, teach and supervise modified programs for a variety of clients with special requirements due to medical conditions that may be present.
- Understand and explain controversial exercises which may vary for different clients.
- Carry out a risk assessment of an exercise area in order to avoid incidents or accidents and resulting injury.
- Demonstrate good hygiene practices when using exercise areas and equipment.
- Design, demonstrate and teach a variety of circuit training sessions for different clients and different goals.
- Able to deal with emergencies in the exercise studio and perform first aid techniques where necessary and appropriate.
- Devise and teach a complete exercise to music session covering all the phases at beginner, intermediate and advanced levels.
- Devise and teach a complete step aerobics session covering all the phases at beginner, intermediate and advanced levels.
- Devise and teach a complete body conditioning session covering all the phases at beginner, intermediate and advanced levels. All equipment training options to be covered such as dyna-band, fit ball etc.
- Be familiar with correct music speeds and structure of songs.
- Demonstrate correct methods of building different combinations of movements to music.
- Devise and teach a complete flexibility session covering beginner, intermediate and advanced levels and also a variety of stretching techniques such as static, dynamic, PNF etc.
- Devise and teach a complete circuit training session covering all the phases at beginner, intermediate and advanced levels. Circuits for different goals to be covered for example aerobic, interval, toning or mixed circuits.
- Able to observe and coach good technique in any of the practical sessions listed above.
- Able to modify exercises to suit the participants in any of the sessions listed.
- Advise on suitable training gear for working out in the studio.
- Be comfortable teaching studio sessions with or without the use of mirrors.

# What is the content of the Business and Professional Conduct Module?

## Business and Professional Conduct Syllabus

- Understand and explain the different types of business and the advantages and disadvantages of each.
- Understand the accountancy and administration implications of running a business.
- Be familiar with the Health and Safety issues that apply to working in an exercise facility.
- Be able to correctly plan an exercise area/facility.
- Understand how to create and maintain good working relationships.
- Understand different types of employment contracts for use if you are an employee or employer.
- Understand and be proficient in selling your product which is fitness sessions.
- Explore and be familiar with the advantages and disadvantages of a range of advertising techniques and the legal issues involved.
- Understand the importance of appearance and image when working in the fitness industry.
- Understand the importance of having correct insurance cover depending on your individual situation.
- Understand the importance of client confidentiality.
- Be familiar with accident management procedures and the relevant documents to be completed after such an event.
- Understand the legal issues relating to fire protection and evacuation procedures in the event of a fire or other incident.
- Be proficient in communicating with clients and staff including good questioning and feed back skills.
- Aware of correct hygiene and disinfecting procedures to prevent infections or contamination.
- Be familiar with the value of a code of ethics/practice in an exercise facility.
- Understand the importance of continuing education after receiving your qualification in order to stay up to date with new information and techniques.

# What is the content of the Anatomy and Physiology Module?

## Anatomy and Physiology Syllabus

- To understand the types of bone and the position of each bone in the body.
- Understand and explain the different types of joints and the anatomical movements possible at those joints.
- To understand the muscles responsible for producing movements at all joints.
- Explain the various types of fracture and those most likely at risk.
- To be able to define good posture and explain and detect postural defects such as lordosis, kyphosis, and scoliosis.
- To understand the sequence and operation of muscle contraction.
- Understand and explain the position (with the aid of diagrams) and action of the following muscles

- Understand the structure and function of ligaments, tendons.
- Understand the different body types such as mesomorph, ectomorph and endomorph.
- To understand the biomechanics of movement and link this information to other practical aspects of the ITEC Diploma Course.
- To understand the reasons for lactic acid production and define other related terms such as steady state, VO<sub>2</sub> max and lactate threshold.
- Understand and explain the structure and functions of lymph and the lymphatic system
- Understand and explain the structure and function of blood and its components and in relation to exercise
- Understand and explain the position of the main arteries and veins of the body
- Understand how blood pressure is measured and how it can vary
- Understand the reasons for and effects of low and high blood pressure.
- Understand and explain the structure of the respiratory system and the function of each organ and in relation to exercise
- Understand and explain external respiration, i.e. the process and mechanism of breathing
- Understand the mechanics of breathing and the value of efficient breathing techniques.
- Understand and explain the structure and function of the organs and accessory organs of the digestive system
- To understand the passage and absorption of food through the body and the importance of good food in preparation and recovery from exercise.
- To understand the relationship of hydration habits to the correct function of the entire body including, the urinary system and body temperature cooling.
- To understand how each of the systems above works in association with other systems

## **What does the Add-on Personal Training module involve?**

This module which is covered towards the end of the course introduces the student to the area of personal training. The topics covered in the module include

- The business of personal training .
- The role of the personal trainer.
- Presentation, marketing and client care.
- Posture and musculo skeletal assessment.
- Applied nutrition.
- Case studies.