

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

Course Structure	Learning sections	Assessments / Texts
1st term: <u>Course 1:</u> Anatomy & Physiology for Health and Fitness (APHF1110) <u>Course 2:</u> Fitness Instructor (FIT1106)	1. Skeletal anatomy 2. Joints and connective tissue 3. Joint movement and function 4. Skeletal muscle anatomy 5. Muscle actions 6. Exercise and muscle function 7. Respiratory physiology 8. Cardiovascular physiology 9. Cellular energy systems for exercise 10. Nervous physiology 11. Endocrine physiology 12. Thermoregulation 87 video lessons (10.9 hours viewing time) 1. Role of the fitness instructor 2. Health and safety of physical facilities 3. Health and safety of participants 4. Fitness induction 5. Motivation and instruction 6. Essential instruction skills 39 video lessons (4.3 hours viewing time)	<ul style="list-style-type: none"> • 9 online quizzes • 2 written worksheets • 2 text books • 1 software application • 4 online quizzes • 1 video practical assessment • 1 text book • 1 software application Total term study time: 71-74 hours (12 hours 20 mins / week)
2nd term: <u>Course 1:</u> Nutrition for Health and Fitness (NHF1208) <u>Course 2:</u> Business skills for Personal Training (BSPT1210)	1. Introduction to nutrition 2. Digestion 3. Carbohydrates 4. Fats 5. Proteins 6. Vitamins 7. Minerals 8. Fluid balance and hydration 9. Diet for endurance exercise 10. Diet for high intensity exercise 11. Diet for muscular development 12. Diet for body fat reduction 56 video lessons (5.9 hours viewing time) 1. Personal Training: A customer oriented business 2. Personal Training: Key principles for delivery 3. Introduction to the business of personal training 4. Personal training business models 5. Personal training products and services 6. Personal training business branding 7. Business planning 8. Business marketing 9. Selling personal training 10. PT business documentation 66 video lessons (10.2 hours viewing time)	<ul style="list-style-type: none"> • 8 online quizzes • 1 written nutrition client case study • 1 text book • 6 online quizzes • 1 written business case study worksheet • 3 short books Total term study time: 68-70 hours (11 hours 40 mins / week)

<p>3rd term:</p> <p>Consultation, Testing and Programme Design</p> <p>(CTPD1312)</p>	<ol style="list-style-type: none"> 1. Components and variables of fitness 2. Communication skills for consultation 3. Collecting information part A 4. Collecting information part B 5. Cardiovascular fitness assessment 6. Strength and endurance assessment 7. Balance and agility assessment 8. Postural assessment 9. Flexibility and movement assessment 10. Introduction to programme design 11. Cardiovascular programme planning 12. Long term planning: Resistance training 13. Acute training variables 14. Short term planning: Resistance training 15. Monitoring and adapting a plan <p>88 video lessons (11.9 hours viewing time)</p> <p>Basic Exercise Guidance documents:</p> <ul style="list-style-type: none"> • CV machine exercises • Joint mobilisation exercises • Resistance machines exercises • Key barbell exercises (squat, deadlift, bench press) • Basic core exercises • Static stretching exercises 	<ul style="list-style-type: none"> • 6 online quizzes • 1 written worksheet • 3 written programme plans • 4 text books • 1 software application • Basic exercise guidance <p>Total learning time: 59-60 hours (10 hours / week)</p>
<p>4th term:</p> <p>Exercise Instruction for Personal Training</p> <p>(EIPT1408)</p>	<ol style="list-style-type: none"> 1. Fitness Internship (30 hours) 2. Instructional skills 3. Preparing for a personal training session 4. Advanced training methods 5. Exercise safety and spotting 6. Delivering a personal training session 7. Concluding a personal training session <p>36 video lessons (4.7 hours viewing time)</p> <p>Advanced Video Exercise Library:</p> <ul style="list-style-type: none"> • CV exercises • Mobilisation exercises • Cable machine exercises • Barbell exercises • Dumbbell exercises • Bodyweight/core exercises • Static/assisted stretching exercises <p>100 exercise videos (2 hours viewing time)</p>	<ul style="list-style-type: none"> • 2 online quizzes • 3 recorded practical video assessments • Fitness internship record • 1 text book • Advanced online exercise library <p>Total learning time: 46-47 hours (7 hours 50 mins / week)</p> <p>Fitness Internship: 40 hours = 7 hours / week</p>

Total study: 241 – 249 hours learning

Fitness Internship: 40 hours

Total: 289 hours

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)

Text book prices always vary, but the approximate cost of 11 required text books and 2 apps is €230 (priced Jan 21)