

PentaMedical Building,  
Design Quarter District  
Corner William Nicol  
Drive & Leslie Road East  
Fourways, Sandton, 2067,  
South Africa

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Douglasdale  
2165  
South Africa



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## PERSONAL FITNESS TRAINER COMPACT COURSE, PROVISIONAL TIMETABLE – SEPTEMBER 2010

Date	Time	Lecturer	Module
Mon.6	11h00 – 16h30	Derek	Registration & Introduction Client Screening - Theory
Tues. 7	11h00 – 16h30	Derek	Fitness Testing - Theory
Wed. 8	11h00 – 16h30	Derek	Fitness Testing Ergometry, Skinfold, Girth, Biomechanics Theory & Practical
Thurs. 9	11h00 – 16h30	Derek	Fitness Testing Ergometry, Skinfold, Girth, Biomechanics Theory & Practical - Results Tabulation
Fri. 10	11h00 – 16h00	Derek	Resistance Training Theory & Practical
Sat. 11	09h30 – 16h00	Derek	CV Training / Stretching
Mon. 13	11h00 – 16h30	Derek	CWE (Closed Working Environment)
Tues. 14	11h00 – 16h30	Yolandi	Special Populations - Theory Children, Aged, Arthritis, Diabetes
Wed. 15	11h00 – 14h00	Yolandi	Special Populations-Theory
	14h00 – 16h30	Yolandi	Sports Injuries – Theory Spinal Structures & Postural Stabilizers
Thurs. 16	11h00 – 14h00	Tina	Special Populations - Theory Pre/Post Natal
	14h00 – 16h30	Lila	Sports Nutrition- Theory
Fri. 17	11h00 – 16h30	Derek	Communication & Promotional Skills – Theory Revision, Q and A
Sat. 18	09h30 – 16h00	Derek	Practical / Program Design Theory & Practical
Thurs.11 November	14h00 – 16h00		PFT Written Exam
18,19 November	TBA		PFT Practical Exam

*Rediscover your potential. Redefine your career.*

CK2006/099627/23 – Members: D Archer. L Archer

## Personal Fitness Trainer Course Details and Requirements

**COURSE COST:** R10 100,00

**DEPOSIT:** R 3 000,00 (which will be deducted from the course cost)

**First payment due on first day of course if taking the payment plan**

**VENUE:** **Institute of Fitness Professionals**

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**TO BRING ON PRACTICAL SESSIONS:**

Training Gear (Men – shorts and vest; Ladies – shorts and training crop top/vest)  
Sweat Towel  
Refreshments  
Snack/Food  
Clip Board and Pen/Pencil  
Manual

**TO BRING ON THEORY SESSIONS:**

Manual  
Pen/Pencil  
Calculator  
Any working sheets from practical sessions – Fitness Testing lectures

*Students please take note of the following:*

- *Case Study*
- *Participation Hours*
- *Project*

*To be handed in on day of practical exam.*

<p><b>Name of Account:</b> Institute of Fitness Professionals    <b>Bank:</b> Standard Bank <b>Type of Account:</b> Current    <b>Branch:</b> Fourways Crossing    <b>Branch Code:</b> 009953 <b>Account Number:</b> 402094247</p>
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