



If you enjoy exercise and helping people feel and look better, consider entering our Personal Fitness Trainer program at **CSB Academy**.

This course is designed to provide you with the latest most factual information on the development of professional training programs for apparently healthy individuals.

General Personal Trainer Course Includes:

1. Wellness
2. Anatomy & exercise physiology
3. General nutritional concepts
4. Cardiovascular training
5. Warm up & stretching
6. Exercises for fat loss
7. Weight training program design
8. Special population

9. Steroids

10. Fitness testing

Personal Trainer Lab

The Lab Manual expands on the textbook, turning exercise theory into practical application. Through the use of topic specific supportive text, detailed illustrations, graphs and charts, the Lab Manual successfully bridges the gap between exercise theory and personal training practice. Lab activities range from exercise program design to weight management assessment methods.

Course Details:

Duration: 3 months

Classes: Flexible Time (Morning & Evening)

Certificate: Approved by the Ministry of Education-Directorate of Vocational and Technical Education Department