

Blue Heron Academy eLearning

Personal Trainer / Fitness Instructor

The Blue Heron Academy has been providing residential classes in personal fitness and exercise, and certifying trainers, for over twenty-five years. Now you can study the Blue Heron Academy personal training methods and become a Certified Fitness Consultant through our dynamic and highly successful eLearning certification program. The Blue Heron Academy has the only program that incorporates personal training with a comprehensive wellness approach to personal fitness instruction.

Objectives: By the completion of this eLearning program in personal trainer / fitness instructor you will have:

1. Defined physical fitness.
2. Developed a safe professional exercise program.
3. Identified the physiological and psychological benefits of aerobic exercise.
4. Experienced the five points of fitness exercise program.
5. Identified the contraindications of exercise.
6. Established exercise goals to improve your clients fitness levels.
7. Learned how to design fitness programs for clients.
8. Learned how to supervise fitness programs for clients.

Section One:

- Organization and Professional Ethics

Section Two:

- Personal Fitness and Training Programs

Section Three:

- Healthcare Education and Patient Motivation

Section Four:

- Business Development and Program Design

Section Five:

- Client Communications and Marketing

Section Six:

- Corporate and General Program Marketing

Section Seven:

- Assessment and Evaluation Skills

Section Eight:

- Physical Exercise and Fitness

Section Nine:

- Fitness for an Aging Population

Section Ten:

- Fitness and Client Information Forms

Section Eleven:

- Final Examination