

2024

PROGRAM GUIDE



**"Guaranteed Confidence
Through Hands-On Training."**

FOCUS
PERSONAL TRAINING INSTITUTE



Licensed by the State of New York, New York State Education Department. FPTI is accredited by the Commission of the Council on Occupational Education.

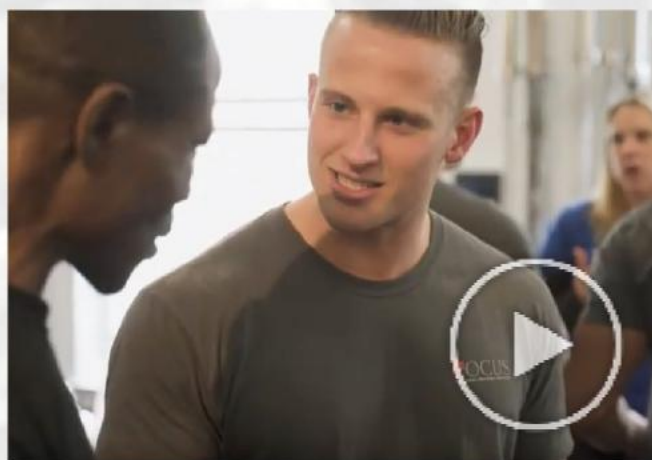


The Importance and Structure of a Warm-Up

Are you someone who jumps straight into your workout without warming up? A proper warm-up is not just an optional extra, it's an essential component of any exercise routine.

A good warm-up prepares your body for exercise by gradually increasing your heart rate, loosening your muscles, and priming your nervous system. It can also have a positive impact on your mental state, helping to reduce anxiety and increase focus. Watch as FPTI Instructor Casey Holgan explores the science behind warming up.

fpti.edu/warm-up

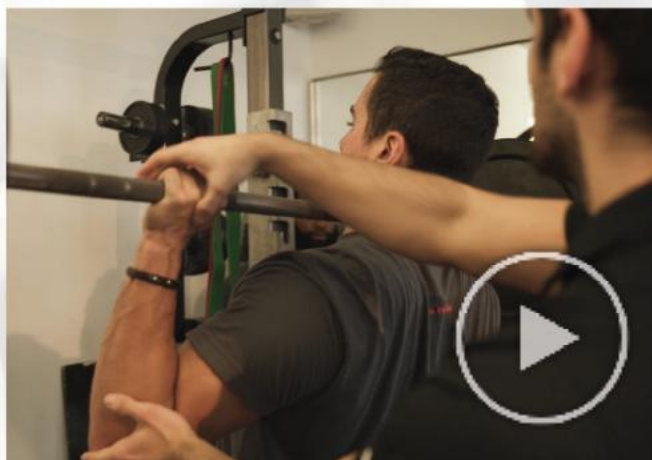


Career Fair

Supercharge your job search and take your career to the next level. In addition to the opportunity to meet with top hiring managers, students will have access to invaluable career resources and guidance from our experienced staff.

With multiple career fairs and hiring manager presentations, both in-person and online, FPTI students and alumni have ample opportunities to network, explore job openings, and advance their careers. Check out the video for a sneak peak of the action at a Focus career fair!

fpti.edu/careerfair



Finding the Optimal Press Grip

Ever wonder why your wrists hurt or feel tired after overhead presses? Finding a neutral wrist makes all the difference, and allows the force to come from the arms, and not the tiny wrist joints.

FPTI expert instructors guide you through each step of the movement, from hand placement and grip, to foot position and body alignment. This is just one of a multitude of techniques students learn in the Personal Training Master Course program.

fpti.edu/press-grip



Personal Training Master Course (600 Hours)

The Personal Training Master Course (MC) is one of the most comprehensive personal training programs ever created for individuals who are pursuing careers as elite personal trainers. Graduates of the Personal Training Master Course program will launch their careers with confidence and demonstrate beginner, intermediate and advanced knowledge, skills, and abilities in personal training.

Personal Training Theory and Application (300 hours)

The first section of the Personal Training Master Course, Personal Training Theory and Application, focuses on the fundamentals of how the body functions. Students learn about bones, muscles, and the respiratory system. The curriculum also covers the essentials of designing and implementing exercise programs.

PTMC-01 – Course and Industry Introduction (11 hours)

An introduction to the school's mission, facilities, resources, and regulations as well as course expectations. Students learn and discuss what it means to be a personal trainer and identify the qualifications and characteristics necessary to be successful in that role.

PERSONAL TRAINING

master course



PTMC-02 – Kinesiology (18 hours)

Kinesiology is the study of the mechanics of body movement and is used to promote health, reduce disease, and improve performance. Students learn the fundamental principles of human movement, including identifying joint actions and planes of motion.

PTMC-03 Skeletal Anatomy (25 hours)

Students perform, demonstrate, teach, and cue exercises. Since no two clients are alike, students learn how to modify each activity based on the client's unique ability using visual, tactile, and verbal cues.

PTMC-04 – Musculoskeletal Anatomy and Physiology (25 hours)

The word musculoskeletal is a combination of the words "muscular" and "skeletal" and refers to what makes up the body – bones, cartilage, muscles, tendons, membranes, joints, and ligaments. This module focuses on the naming system for all the bones and muscles that work together during movement.

PTMC-05 – Mobility (15 hours)

To get the most out of exercise and prevent injuries, joints need optimal mobility and flexibility. Students learn how to design and implement a warm-up based on a client's training goals. They also learn how to identify, perform, and teach stretches for each muscle group.

PTMC-06 – Muscle Structure and Function (25 hours)

Students learn about slow and fast-twitch muscle fibers, the three types of muscle contractions, and the chemicals involved in initiating each contraction. They then put this knowledge into practice by creating programs to train power, speed, agility, and quickness (SAQ).

PTMC-07 – Functional Anatomy and Biomechanics (18 hours)

Biomechanics explains the science behind the position and angle of body parts. Students learn the prime (agonist) and opposing (antagonist) muscle movers for exercises and movements in addition to identifying the forces acting upon the body.

**PTMC-08 – Cardiorespiratory System and Function (15 hours)**

The cardiorespiratory system includes the heart, blood vessels, and blood and transports nutrients like oxygen throughout the body. In this module, students learn to label the heart with its chambers, major vessels, and valves, trace the flow of blood from the right to the left atrium, and identify the sinoatrial and atrioventricular nodes.

PTMC-09 – Cardiorespiratory Practical Application (15 hours)

In this module, students learn how to measure and improve a client's cardiovascular fitness. They will also create and coach a fun and engaging group fitness circuit which will strengthen the cardiovascular system, improve overall work capacity, and develop sport-specific energy systems.

PTMC-10 – Nutrition and Bioenergetics (20 hours)

The food we eat is broken down into nutrients that are used by muscles for energy to fulfill specific demands. Students learn to identify the caloric value, role in energy production, and major structural components of macronutrients. In addition, they learn to calculate the caloric deficit required to reach a weight-loss goal.

PTMC-11 – Business of Personal Training (5 hours)

In this module students learn how to build a career as a professional trainer by identifying common challenges, setting clear goals, and creating a plan to achieve those goals. They learn how to determine if a company is the right fit, how to develop a resume, and learn interview skills that set them apart from the competition.

PTMC-12 – Program Design (21 hours)

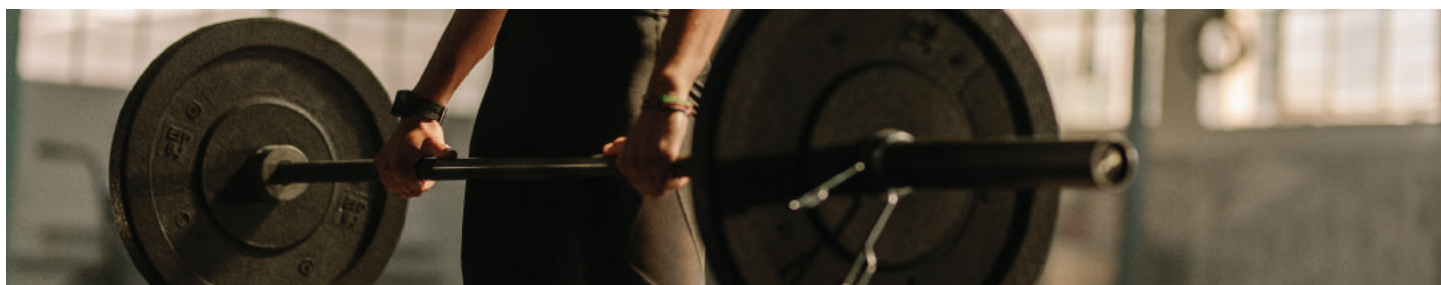
Students learn the training principles, including progression, overload, and variety so that they can identify the benefits, risks, and options for cardiorespiratory, resistance, and flexibility training. Students then develop an appropriate workout given a list of client's goals, capabilities, equipment, and schedule.

PTMC-13 – Special Populations and Common Injuries (9 hours)

Students focus on designing specialized exercise programs for various populations, including pregnant women, older adults, younger individuals, and those with injuries. Identifying movements that may not be suitable for certain individuals is a critical aspect for personal trainers.

PTMC-14 – Assessment Skills (24 hours)

Clients have unique goals, so to evaluate their progress, personal trainers need a wide range of assessment tools. In this module, learn how to interview clients to determine their goals, health history, and injuries; calculate target heart rate zones and body mass index; how to measure blood pressure and resting heart rate; and active assessments from muscular endurance and strength testing to cardiorespiratory assessments and movements screens.



PTMC-15 – Health Behavior Change (10 hours)

Students learn about SMART goals and master the art of setting these goals for a client. They then gain expertise in coaching and motivating their clients during resistance and cardiorespiratory training, tailored specifically to these goals.

PTMC-16 – Certification Exam Preparation (15 hours)

Students are introduced to the five most widely recognized personal training certifications, and identify which exam they will take at the conclusion of the program.

PTMC-17 – Mid-Term Review (15 hours)

This comprehensive review of the material learned in part one of the program prepares students for the mid-term exam. Upon successful completion of the exam, students will begin the second part of the program, Advanced Concepts in Personal Training.



PERSONAL TRAINING MASTER COURSE - PART 2

Advanced Concepts in Personal Training (300 hours)

The second section of the Personal Training Master Course, Advanced Concepts in Personal Training, equips students with specialized knowledge and skills. Students acquire unmatched coaching skills for specific equipment and modalities, master advanced program design, and learn effective communication to keep clients engaged. Includes

Advanced Concepts in Personal Training can also be taken as a standalone program for students with a Certificate of completion from a licensed personal trainer course that is at least 150 hours, or an exercise related degree (Associate's or greater), or hold a personal trainer certification along with 3 months/150 hours of fitness related employment.

PTAC-01 – Introduction to Advanced Concepts (3 hours)

In this introductory module, students will gain an understanding of the specialized curriculum for the Advanced Concepts portion of the Personal Training Master Course.

PTAC-02 – Psychology and Behavior Change in Exercise Programming (21 hours)

Ensuring clients' ongoing success hinges on effective motivation. Personal trainers must assess their clients' behavior change stage to maintain steady progress towards their goals. When clients face motivational challenges, trainers must possess the skills to provide the necessary support and guidance to keep them on track.

PTAC-03 – Advanced Anatomy and Injuries (70 hours)

Students gain essential insights into injury prevention while working with clients. They acquire strategies to effectively address any existing injuries or pain, enabling continued progress towards the client's goals.

PTAC-04 – Special Populations (25 hours)

Students learn how to train young, pregnant, and elderly clients, considering their unique physical requirements and contraindications. They gain insights into the benefits and risks of exercising for these groups, as well as how to apply the appropriate exercise intensity.

PTAC-05 – Chronic Diseases and Exercise (39 hours)

Students develop crucial skills to aid clients dealing with challenging chronic conditions, such as diabetes, multiple sclerosis, asthma, and more. Through specialized program design, they master the art of addressing clients unique health needs and improve their overall well-being.

PTAC-06 – Business Development (15 hours)

After completing the program, students have the freedom to pursue their passion by working for a gym or starting their own business. Regardless of their chosen path, mastering the art of acquiring and retaining clients remains essential for every aspiring personal trainer. This module provides comprehensive training to ensure success in both avenues, empowering students to thrive in the world of fitness and business.

PTAC-07 – Advanced Mobility Training (16 hours)

In this dynamic lecture and hands-on unit, students discover the keys to improving mobility and flexibility. They will master five effective stretching methods, learn self-myofascial release techniques, and engage in dynamic mobility drills, setting the stage for enhanced movement and performance.

PTAC-08 – Advanced Training Methods and Modalities (75 hours)

At the very core of personal training lies the art of teaching individuals how to exercise effectively. In this specialized module, students master the art of instructing clients across a diverse range of specializations which include:

Kettlebells • Plyometrics and Speed, Agility, and Quickness (SAQ)
Boxing and Kickboxing • Strength Training • Olympic Weightlifting
Resistance Bands, Chains, and Cables • Bodybuilding/Physique Training

PTAC-09 – Fitness Classes and Fads (6 hours)

In pursuit of variety, clients sometimes turn to the latest fitness classes, online advice, and dietary fads. Within this module, students gain cutting-edge insights, enabling them to dispel popular fitness myths and lead the way in a rapidly evolving industry.

PTAC-10 – Research in Exercise Science (9 hours)

Innovative research and new practices create an ever-growing body of knowledge. In this module, students will hone their ability to critically analyze scientific claims circulated by the media, celebrity trainers, and new fitness products, ensuring they remain well-informed professionals.

PTAC-11 – Certification Exam Preparation (17 hours)

Students prepare to take one of the five most widely recognized personal training certification exams, which is included as part of the program. Each student decides which test to take from the following organizations, based on their unique professional goals:

American Council on Exercise (ACE), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), or National Federation of Professional Trainers (NFPT).

PTAC-12 – CPR Training and Certification (4 hours)

Cardiopulmonary resuscitation (CPR) is a critical skill that can help save a life during a cardiac or breathing emergency. An Automated External Defibrillator (AED) helps the heart re-establish an effective rhythm. In this module, students learn how to administer CPR and proper use of an AED in the event of an emergency.





PERSONAL TRAINING
foundation

Personal Training Foundations (150 hours)

This dynamic and interactive program is for students who are passionate about becoming a personal trainer but can't commit to a full-time program. Whether classes are attended on-campus, or from home with live-online sessions, this program provides students with beginner and intermediate skills and abilities in personal training.

Includes premium equipment kit (online only), CPR-certification, and choice of one of two NCCA accredited personal training certification exams.

PTF-01 – Course Introduction (4 hours)

This introductory module introduces the school's mission, facilities, resources, and regulations as well as course expectations. Students learn and discuss what it means to be a personal trainer and identify the qualifications and characteristics necessary to be successful in that role.

PTF-02 – Kinesiology (13 hours)

Kinesiology is the study of the mechanics of body movement and is used to promote health, reduce disease, and improve performance. Students study the fundamental principles of human movement, including identifying joint actions and planes of motion.

PTF-03 – Exercise Technique and Modifications (21 hours)

Students perform, demonstrate, teach, and cue exercises. Since no two clients are alike, students learn how to modify each activity based on the client's unique ability using visual, tactile, and verbal cues.

PTF-04 – Musculoskeletal Anatomy (14 hours)

The word musculoskeletal is a combination of the words "muscular" and "skeletal" and refers to what makes up the body – bones, cartilage, muscles, tendons, membranes, joints, and ligaments. This module focuses on the naming system for all the bones and muscles that work together during movement.

PTF-05 – Mobility (5 hours)

To get the most out of exercise and prevent injuries, joints need optimal mobility and flexibility. Students learn how to design and implement a warm-up based on a client's training goals, and how to identify, perform, and teach stretches for each muscle group.

PTF-06 – Muscle Structure and Function (12 hours)

Students learn about slow- and fast-twitch muscle fibers, the three types of muscle contractions, and the chemicals involved in initiating each contraction. They then put this knowledge into practice by creating programs to train power, speed, agility, and quickness (SAQ).

PTF-07 – Functional Anatomy and Biomechanics (10 hours)

Biomechanics explains the science behind the position and angle of body parts. Students learn the prime (agonist) and opposing (antagonist) muscle movers for exercises and movements in addition to identifying the forces acting upon the body.

PTF-08 – Cardiorespiratory System and Function (7 hours)

The cardiorespiratory system includes the heart, blood vessels, and blood and transports nutrients like oxygen throughout the body. In this module, students learn to label the heart with its chambers, major vessels, and valves, trace the flow of blood from the right to the left atrium, and identify the sinoatrial and atrioventricular nodes.



PTF-09 – Cardiorespiratory Practical Application (4 hours)

Cardiorespiratory fitness is defined as the ability of the circulatory and respiratory systems to supply oxygen to muscles during prolonged physical activity. In this module students learn various methods used to train the cardiorespiratory system in order to improve a client's performance.

PTF-10 – Group Fitness Considerations (3 hours)

High-intensity interval training (HIIT) is a technique that alternates between intense bursts of activity followed by recovery periods. Students will learn how to create and coach a fun and engaging group fitness circuit which will strengthen the cardiovascular system, improve overall work capacity, and develop sport-specific energy systems.

PTF-11 - Nutrition and Bioenergetics (10 hours)

The food we eat is broken down into nutrients that are used by muscles for energy to fulfill specific demands. Students learn to identify the caloric value, role in energy production, and major structural components of macronutrients. In addition, they learn to calculate the caloric deficit required to reach a weight-loss goal.



PTF-12 – Business of Personal Training (4 hours)

In this module students learn how to build a career as a professional personal trainer by identifying common challenges, setting clear goals, and creating a plan to achieve those goals. They learn how to determine if a company is the right fit, how to develop a resume, and learn interview skills that set them apart from the competition.

PTF-13 – Program Design (12 hours)

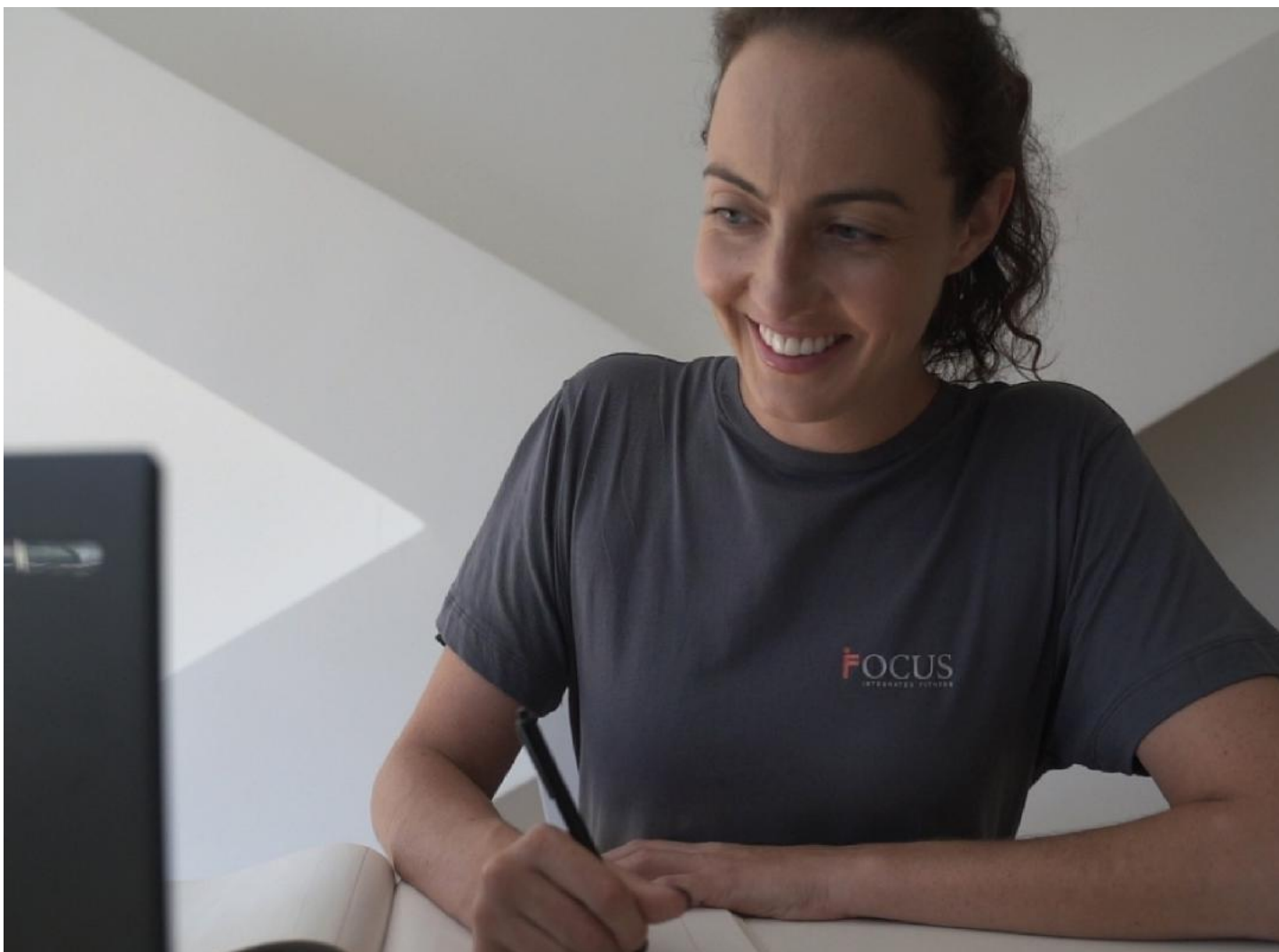
Students learn the training principles, including progression, overload, and variety so that they can identify the benefits, risks, and options for cardiorespiratory, resistance, and flexibility training. Students then develop an appropriate workout given a list of client's goals, capabilities, equipment, and schedule.

PTF-14 – Pre-Screening and Risk Classification (4 hours)

When working with a new client, it is important to evaluate them first to identify potential health risks. Risk classification is a best practice for identifying people with health issues like pulmonary or cardiovascular disease as well as those with an elevated risk for sudden cardiac death. In this module, learn to evaluate pre-screening questionnaires and risk factors to determine if there is a need for medical clearance or testing.

PERSONAL TRAINING elements





Personal Training Elements - Online (50 Hours)

This program is perfect for students who would like to support self-guided study with hands-on training from an expert instructor providing feedback in real-time

In just 6 weeks and 50 hours, learn the fundamentals of personal training and prepare to take the National Federation of Professional Trainers (NFPT) personal trainer certification exam, which is included in the program.

Graduates of the Personal Training Elements- Online program will demonstrate basic knowledge, skills, and abilities in personal training, and will be prepared for entry-level positions working with generally healthy clients.

Students are required to complete an average of 4-6 hours of self-paced studying each week in addition to instructor led online classes.

PTEO-01 – Course Introduction (1 hour)

This introductory module introduces the school's mission, resources, and regulations as well as course expectations. Learn what it means to be a personal trainer and identify the qualifications and characteristics necessary to be successful in that role.

PTEO-02 Kinesiology (3 hours)

Kinesiology is the study of the mechanics of body movement and is used to promote health, reduce disease, and improve performance. In this module, students learn the fundamental principles of human movement, including identifying joint actions and planes of motion.

PTEO-03 Exercise Technique and Modifications (10 hours)

Proper exercise technique and the ability to modify an exercise based on a client's unique ability are critical skills for a personal trainer to master. In this module, students learn how to perform, teach, and modify exercises based on visual and verbal cues.

PTEO-04 Musculoskeletal Anatomy (3 hour)

The muscular system contains muscle fibers that are responsible for movement through muscle contraction. The skeletal system contains bones, cartilage, ligaments, and tendons. Anatomy is the study of the human body's structure. This module focuses on the naming system for all the muscles and bones that work together during movement.

PTEO-05 Muscle Structure and Function (1 hour)

Building on the information covered in the Muscular Anatomy module, students learn about the three types of muscle contractions and the chemicals involved, slow and fast-twitch muscle fibers, as well as how to create exercise programs to target the different muscle fibers.

PTEO-06 Functional Anatomy and Biomechanics (2 hours)

Biomechanics explains the science behind the position and angle of body parts. In this module, students learn the prime (agonist) and opposing (antagonist) muscles involved in different exercises in addition to identifying the forces acting upon the body.

PTEO-07 Cardiorespiratory System and Function (4 hours)

The cardiorespiratory system includes the heart, blood vessels, and blood and transports nutrients like oxygen throughout the body. In this module, students learn to label the heart with its chambers, major vessels, and valves; trace the flow of blood from the right to the left atrium; and identify the sinoatrial and atrioventricular nodes.

PTEO-08 Nutrition and Bioenergetics (2 hours)

The food we eat is broken down into nutrients that are used by muscles for energy to fulfill specific demands. Students learn to identify the caloric value, role in energy production, and the structural components of macronutrients. They also learn how the body converts energy into fuel that can be used for exercise.

PTEO-09 Business of Personal Training (3 hours)

In this module students learn how to build a career as a professional trainer by identifying common challenges, setting clear goals, and creating a plan to achieve those goals. They also learn how to determine if a company is the right fit, as well as interview skills that will set them apart from the competition.

PTEO-10 Program Design (8 hours)

Program design is the key to a successful career as a personal trainer. In this module, students learn how to develop an appropriate workout for a client based on essential training principles including progression, overload, and variety. They also learn how to identify the benefits, risks, and options for cardiorespiratory, resistance, and flexibility training.

PTEO-11 Assessment Skills (6 hours)

Clients have different goals, so to evaluate their progress, a wide range of assessment tools is required. In this module, students learn how to interview clients to determine their goals, health history, and injuries; calculate target heart rate zones and body mass index; how to measure blood pressure and resting heart rate; and active assessments from muscular endurance and strength testing to cardiorespiratory assessments and movements screens.

PTEO-12 Health Behavior Change (2 hours)

SMART goals – specific, measurable, attainable, realistic, and timely – and how to establish them, are important in helping clients achieve their objectives. Students will learn how to effectively utilize SMART goals as well as strategies on how to effectively coach clients and keep them engaged during training sessions.

PTEO-13 NFPT Certification Exam Review (5 hours)

In this module, students prepare for the National Federation of Professional Trainers (NFPT-CPT) one of the most widely recognized NCCA accredited personal trainer certification exams. The exam will be administered upon completion of the program through NFPT.



PERSONAL TRAINING MASTER COURSE

(600 Hours) Tuition and Fees: \$14,855

Includes:

- 29 comprehensive modules
- Includes **7 advanced specializations**
- Basic, intermediate, and advanced coaching skills
- Access to the exclusive Focus Training Facility
- Lifetime Career Placement Assistance
- CPR certification
- Choice of ACE, ACSM, NASM, NFPT, or NSCA personal trainer certification exams

Schedule:

On-Campus (NYC)

Monday-Friday

Weeks 1-11 | 9:10am-3:40pm (ET) Weeks 12-22 | 9:20am-3:40pm (ET)

Financing:

Federal Student Aid Available*

0% Payment Plans

Veteran's Education Benefits Eligible



*Federal Student Aid is available for qualified applicants enrolling in our 600-hour Personal Training Master Course only. Visit fafsa.gov to apply. Federal School Code: 042502

PERSONAL TRAINING FOUNDATIONS

(150 Hours) Tuition and Fees: \$5,105

Includes:

- 18 comprehensive modules
- Basic and Intermediate coaching skills
- Access to the exclusive Focus Training Facility
- Lifetime Career Placement Assistance
- CPR certification
- Choice of NASM or NFPT personal trainer certification exams

Schedule:

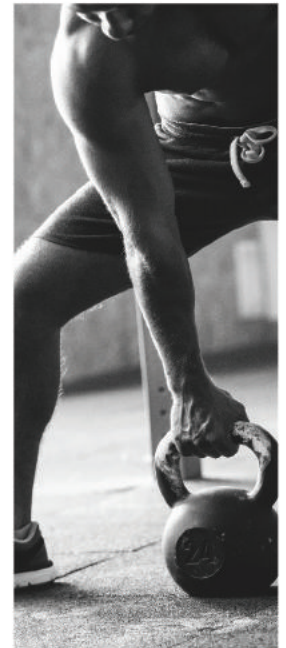
On-Campus (NYC) or Live-Online

Monday-Thursday
11 weeks | 6-9:30pm (ET)

Financing:

0% Interest Payment Plans
Veteran's Education Benefits Eligible

Premium equipment kit included (online program only)



PERSONAL TRAINING ELEMENTS ONLINE

(50 Hours) Tuition and Fees: \$1,222

Includes:

- 13 comprehensive modules
- Basic coaching skills
- Digital access to textbook and workbook
- NFPT personal trainer certification exam

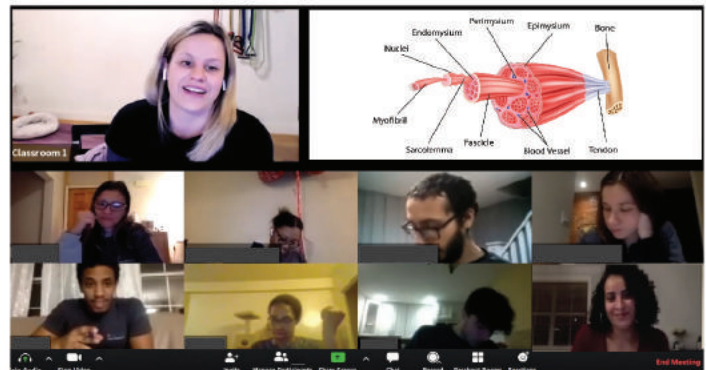
Schedule:

Live-Online

Monday, Tuesday, Thursday
6 weeks | 6:00pm-9:00pm (ET)

Financing:

0% Interest Payment Plans



The **FPTI** Advantage

Learn from a faculty of elite personal trainers and coaches dedicated to excellence.



Live Expert Instructors

Ask questions, receive real-time feedback on proper cueing and technique



100% Tuition Refund Guarantee

within the 1st week of instruction



0% Interest Payment Plans

or Apply for Federal Student Aid**



On-Campus or Online*

Full and part-time programs available



Earn Higher Pay with Top Employers*

Top-tier employers like Equinox and Crunch pay Focus grads a higher wage



Lifetime Career Placement Assistance*

Exclusive access to employer events, career fairs, and one-on-one career guidance

Enroll today for as little as \$75

*Select programs, graduates must pass the CPT exam to be eligible for advancement to a higher tier

**Personal Training Master Course only



5 Star Customer Rating



Emma Bond



I can't recommend this school enough! Easily the best decision I have made, I couldn't feel more prepared to enter the fitness world. It's hard work but it is so worth it. The teachers are AMAZING and the material we learn is so in-depth. Fantastic training!!



Samantha Kilkenny



Best school ever!!!! I learned soo much in just 6 months. The hands on experience along with lecture went hand in hand to aid in my success. The people were great and actually cared about you excelling in school and when you get out in the field.



Jae Coasting



One of the best investments I've made! Truly grateful to learn all I learned from this school. I'd highly recommend this school for anyone looking to start or continue their personal training career. #2019graduate



Frank Rizzo



Exceptional instructors and Institute, I would do it all over again, FPTI isn't just a learning experience for personal growth and development, it's a family I have now. Proud to be a part of the fitness culture as a personal trainer





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FPTI is accredited by the Commission of the Council on Occupational Education.

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