

Fitness Instructor

Motor Skill Development

- 1 The student will demonstrate mastery of the movement skills and patterns used to perform a variety of strength-training, conditioning, and fitness activities. FI.1**
 - a** Demonstrate correct movement skills and patterns for strength-training, physical conditioning, and fitness activities. FI.1.A
 - b** Analyze movement activities for component skills and movement patterns. FI.1.B
 - c** Describe and demonstrate activities specific to improving the skill-related components of fitness. FI.1.C
 - d** Define and identify activities of daily living (ADL) as the tasks of everyday life. FI.1.D
 - e** Apply movement skills and patterns to functional fitness activities that support ADL. FI.1.E
 - f** Identify and describe advanced resistance-training techniques. FI.1.F
 - g** Apply principles of exercise progression to improve fitness. FI.1.G
 - h** Demonstrate correct and safe techniques and form when performing strength-training, physical conditioning, and fitness activities and exercises. FI.1.H
 - i** Demonstrate the proper use of fitness equipment, selectorized weight machines, and free weights. FI.1.I
 - j** Demonstrate safety protocols and procedures for strength-training, physical conditioning, and fitness activities. FI.1.J
 - k** Identify contraindications to advanced resistance-training techniques. FI.1.K
 - l** Identify and describe factors that influence participation in physical activity and adherence to an exercise program. FI.1.L
 - m** Explain principles that result in behavior change. FI.1.M
 - n** Describe psychological factors that may influence a person's adherence to an exercise program. FI.1.N
 - o** Identify and apply strategies to increase adherence in an exercise program. FI.1.O
 - p** Explain the role of the personal trainer in promoting an individual's adherence to an exercise program. FI.1.P
 - q** Identify and explain considerations for special populations. FI.1.Q
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Anatomical Basis of Movement

2 The student will apply knowledge of anatomy and movement principles and concepts to skill performance in strength training, conditioning, and fitness activities. **FI.2**

- a Identify the planes of motion and types of movement that occur in the frontal, sagittal, and transverse planes. **FI.2.A**
- b Define common anatomical terms. **FI.2.B**
- c Identify the major bones of the skeletal system. **FI.2.C**
- d Identify and describe the types of joints, including hinge and multiaxial (ball and socket). **FI.2.D**
- e Explain muscle structure and function, including major muscles of the body, terms related to muscles, and muscle origins and insertions. **FI.2.E**
- f Explain movements that result based on muscle origin and insertion. **FI.2.F**
- g Explain how muscles contract, including agonist and antagonist movements in relation to muscle contraction. **FI.2.G**
- h Identify and explain curvatures of the spine. **FI.2.H**
- i Perform and analyze postural evaluation of another individual. **FI.2.I**
- j Perform and analyze movement evaluation for stability and mobility of the joints of another individual. **FI.2.J**
- k Perform and analyze flexibility evaluation of another individual. **FI.2.K**
- l Perform and analyze balance and core-strength evaluations of another individual. **FI.2.L**
- m Identify contraindications to assessments of movement. **FI.2.M**
- n Perform assessments to evaluate the health-related components of fitness. **FI.2.N**
- o Perform assessments to evaluate the skill-related components of fitness. **FI.2.O**
- p Identify contraindications to health-related and skill-related fitness assessments. **FI.2.P**
- q Identify and explain different methods for determining body composition. **FI.2.Q**
- r Explain the benefits and challenges of different methods for determining body composition. **FI.2.R**
- s Differentiate between recommendations for physical activity and training principles to meet goals for general health benefits, weight management, fitness improvements, and athletic performance enhancement. **FI.2.S**
- t Explain the effects of acute and chronic exercise on aerobic and anaerobic energy systems. **FI.2.T**
- u Explain the body's response to cardiorespiratory exercise. **FI.2.U**
- v Explain the body's response to resistance training. **FI.2.V**
- w Explain the body's response to warm-up and cool-down. **FI.2.W**
- x Explain blood-pressure response related to acute exercise, chronic exercise, and changes in posture. **FI.2.X**

- y Explain reversibility or deconditioning and the effect on fitness and performance. **FI.2.Y**
 - z Define common musculoskeletal injuries. **FI.2.Z**
 - aa Compare and contrast muscle fatigue and delayed onset muscle soreness (DOMS) with musculoskeletal injury/overuse. **FI.2.AA**
 - bb Explain inflammatory response and the healing process. **FI.2.BB**
 - cc Identify and describe upper-extremity injuries. **FI.2.CC**
 - dd Identify and describe lower-extremity injuries. **FI.2.DD**
 - ee Identify and explain exercise modifications appropriate when participant is injured. **FI.2.EE**
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Fitness Planning

- 3 The student will plan and describe a personalized fitness and conditioning program for others that includes skill-related and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime. **FI.3****
 - a Identify the components of a health/medical history. **FI.3.A**
 - b Identify the limitations of a health/medical history. **FI.3.B**
 - c Identify the common signs and symptoms of cardiovascular, metabolic, or pulmonary diseases. **FI.3.C**
 - d Conduct a health and exercise history with another individual. **FI.3.D**
 - e Develop SMART fitness goals with another individual based on fitness assessments and personal desired outcomes. **FI.3.E**
 - f Apply the FITT (frequency, intensity, time, and type of exercise) principles to improve or maintain cardiovascular and musculoskeletal fitness in healthy adults, seniors, youth, adolescents, and pregnant women. **FI.3.F**
 - g Develop functional programming for stability, mobility, and movement. **FI.3.G**
 - h Develop a resistance-training program with appropriate progressions. **FI.3.H**
 - i Develop a cardiorespiratory training program with appropriate progressions. **FI.3.I**
 - j Evaluate fitness programming for others to determine effectiveness. **FI.3.J**
 - k Identify contraindications of cardiorespiratory exercise. **FI.3.K**
 - l Define and explain exercises to improve range of motion, including dynamic stretching, passive stretching, proprioceptive neuromuscular facilitation (PNF), and partner stretching. **FI.3.L**
 - m Identify contraindications of range of motion exercises. **FI.3.M**
 - n Describe different forms of mind-body exercise (e.g., yoga, Pilates, tai chi). **FI.3.N**
 - o Identify indications for use of mind-body exercise. **FI.3.O**
 - p Identify contraindications for mind-body exercise. **FI.3.P**
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Social and Emotional Development

4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow, in order to accomplish group goals. FI.4

- a** Define and explain cultural competence and its importance in developing rapport with another individual. FI.4.A
 - b** Demonstrate effective teaching techniques for working with individuals of different learning styles, motivation levels, and physical activity levels. FI.4.B
 - c** Explain learning styles and instructional strategies, including visual, auditory, and kinesthetic. FI.4.C
 - d** Demonstrate effective and varied teaching techniques for a variety of exercises. FI.4.D
 - e** Demonstrate and explain how to respond in an emergency situation. FI.4.E
 - f** Identify signs of cardiac emergency. FI.4.F
 - g** Demonstrate CPR and AED procedures for adults and children. FI.4.G
 - h** Identify emergency situations requiring first aid. FI.4.H
 - i** Demonstrate first-aid techniques used in emergency situations. FI.4.I
 - j** Identify and describe universal precautions and personal protection used during CPR and first aid. FI.4.J
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Energy Balance

5 The student will explain energy balance. FI.5

- a Identify and explain dietary guidelines based on USDA recommendations. FI.5.A
 - b Identify macronutrients used by the body for energy. FI.5.B
 - c Identify the number of kilocalories found in macronutrients that provide energy. FI.5.C
 - d Explain energy balance and relationship to weight gain, weight loss, or weight maintenance FI.5.D
 - e Explain lipid and lipoprotein profiles. FI.5.E
 - f Explain the influences of nutrition and physical activity on lipid and lipoprotein profiles. FI.5.F
 - g Explain the importance of hydration. FI.5.G
 - h Explain how to maintain hydration in a physically active individual, including effective methods to rehydrate after exercise. FI.5.H
 - i Identify and describe common supplements and ergogenic aids used by individuals in training programs. FI.5.I
 - j Explain potential risks, benefits, and contraindications associated with use of supplements and ergogenic aids. FI.5.J
 - k Explain the relationship between body composition and health. FI.5.K
 - l Define terms related to body composition, including body mass index (BMI), lean body mass, and fat mass. FI.5.L
 - m Explain influences on body composition, including diet, exercise, and behavior modification. FI.5.M
 - n Identify and explain inappropriate weight-loss methods. FI.5.N
 - o Identify and explain eating disorders including anorexia nervosa and bulimia nervosa. FI.5.O
 - p Explain the female athlete triad. FI.5.P
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Professional Responsibilities

6 The student will identify and explain professional and legal responsibilities to manage a personal business and be employed as a personal fitness instructor. FI.6

- a** Identify and explain requirements to become a certified personal fitness instructor and maintain certification, including certification requirements, requirements to maintain certification, and resources for professional development to increase knowledge and skill and maintain certification. **FI.6.A**
- b** Identify and explain the role, scope of practice, and code of ethics of a personal fitness instructor. **FI.6.B**
- c** Identify and describe the professional responsibilities of a personal fitness instructor. **FI.6.C**
- d** Identify and describe necessary facility maintenance. **FI.6.D**
- e** Explain and describe appropriate inspection and care of equipment to maintain safety and maximize use. **FI.6.E**
- f** Identify and describe appropriate facility supervision to maintain safety of users. **FI.6.F**
- g** Identify and describe legal considerations of working as a personal fitness instructor. **FI.6.G**