

CEC Petition – Course Breakdown

Intended Course Demographic: (Maximum 10 participants)

- Newly certified personal trainers
- Pre-certified individuals who have an athletic background and a passion for movement, fitness and general health
- Personal Trainers interested in learning and making practical use of time-proven methods to maximize client compliance and performance augmentation
- Personal trainers seeking to gain deeper insight into an integrative health management team comprised of chiropractors, nutritionists, massage therapists and exercise specialists

Learning objectives of the Exercise Specialist refinement course:

- Immersive learning of how a full-spectrum health management company operates cohesively
- Understand Altus' Three-stage Client Classification to map a year-long training plan according to client classification
- Mobilize technology to track dynamic muscular imbalance and movement patterns
- Empower individuals to leave work healthier everyday with accessible postural exercises
- Implement pre-determined exercise plans for clients in real time using the Altus session format
- Appropriately communicate client progress amongst a full spectrum health management team
- Create the most impactful sessions and client homework to support client transformation
- Identify and embody the characteristics of exercise specialist professionalism

Course Timeline:

Course Start Date - May 6, 2019

Course End Date – May 17, 2019

Monday 11:00am – 3:00pm

Tuesday 11:00am – 3:00pm

Thursday 9:00am – 1:00pm

Friday 9:00am – 1:00pm

4 hours/day

4 days/week

4 weeks

= 64 Course contact hours

Detailed Course Breakdown

Daily breakdowns assume a 4-hour education block with a 25-minute break included.