

***SMART FITNESS***<sup>®</sup>

# ***Course Catalog*** ***2018***



# Certifications

Course Name	CEUs	Initials	CPT	CSTS	GXI	CICI	CYFS	CSFS	CYI-VF	CPI	WMS	CKI	CFS	SF-PT
NCAA Accredited Personal Trainer	1.6	CPT	X	X			X	X		X			X	X
Certified Personal Trainer - En Espanol	1.6	CPT	X	X			X	X		X			X	X
Certified Flexibility Specialist	0.8	CFS	X		X		X	X	X	X		X		X
Certified Group Exercise Instructor	0.8	CGXI				X			X			X		
Certified Indoor Cycling Instructor	1.0	CICI			X									
Certified Kickboxing Instructor	0.8	CKI			X									
Certified Powerlifting Instructor	1.9	CPI	X	X										
Certified Senior Fitness Specialist	0.8	CSFS	X	X						X				X
Certified Weight Management Specialist	0.8	CWMS	X	X			X	X		X				X
Certified Weight Management Specialist II	0.8	CWMS II	X	X			X	X		X			X	X
Certified Yoga Instructor - Vinyasa Flow	0.8	CYI-VF			X	X		X					X	
Certified Youth Fitness Specialist	0.8	CYFS	X	X	X	X	X	X	X	X		X		X
Certified Strength Training Specialist	1.9	CSTS	X				X	X		X			X	X

# Continuing Education

Course Name	CEUS	CPT	CSTS	GXI	CICI	CYFS	CSFS	CYI-VF	CPI	WMS	CKI	CFS	SF-PT
Acute Hormonal Response to Strength Training	0.05	X	X				X						X
Agility Training	0.2	X	X	X				X					X
Alternative Training	0.05	X	X	X			X		X		X		X
Altitude Training	0.1	X	X		X	X							X
Anaerobic and Aerobic Adaptions in training	0.05	X	X	X	X		X		X		X		X
Anatomy Basics for the Foot and Ankle Complex	0.2	X	X	X	X	X	X	X	X		X		X
Antioxidant Use in Sport and Fitness	0.05	X	X			X				X			X
Assessing Piriformis Syndrome	0.1	X	X				X	X				X	X
Back Injury Prevention	0.1	X	X	X			X		X		X	X	X
Back Pain Relief and Yoga	0.3	X		X			X	X		X		X	X
Bargain Grocery Shopping	0.1	X	X										
Battle Ropes	0.1	X	X	X			X				X		X
Biomechanical Implications of a Wide Versus Narrow Stance Squat	0.1	X	X			X	X		X		X		X
Biomechanics in Exercise Instruction	0.1	X	X			X	X		X				X
Can a plant-based diet cure common ailments?	0.1	X				X	X			X			
Cardio or Strength First?	0.05			X		X					X	X	X
Chronic Low Back Pain Sufferers can Benefit from Pilates Mat Exercise	0.1	X	X	X			X	X					X
Coaching the Postpartum Client	0.1	X	X	X					X				X
Components of Neuromuscular Control	0.1	X	X	X			X		X				X
Concussion Grades	0.05	X	X	X		X			X		X		X
Cowspiracy: The Sustainability Secret	0.4	X	X							X			X
Dietary Considerations for Endurance Athletes	0.1	X	X	X	X		X			X			
Effective Integration of Ballet-Based Exercises	0.1	X		X		X	X						X
Efficacy of High-Fat Diets and Endurance	0.05	X	X	X	X	X	X		X	X	X		
Eight Limbs of Yoga	0.1					X		X					X
Energy Balance	0.05	X	X	X	X		X		X	X			X
Ergogenic Aids	0.05	X	X	X	X	X	X		X		X		X
Exercise Application	0.4	X	X	X		X			X				X
Factors of Force Production	0.05	X	X	X					X				X
Fasting Diets	0.1	X	X	X	X		X		X	X		X	X
Femoroacetabular Impingement	0.4	X	X	X	X		X		X		X	X	X
Femoroacetabular Impingement Article	0.05	X	X	X	X		X		X		X		X
Forks over Knives	0.2	X	X							X			X

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Functional Training	0.2	X	X	X		X	X				X		X
Getting Fit, One Arm at a Time	0.05		X	X		X	X		X		X		X
Group Meditation	0.2	X	X	X	X		X	X				X	X
Group Treadmill Training	0.3	X		X									
Head Strong	0.1		X	X	X	X	X	X	X		X		X
Heat and Ice Treatments	0.05	X	X	X	X	X	X		X		X		X
High Road - Acclimating to Altitude	0.1	X	X	X	X	X	X		X				X
HIIT Training	0.2	X	X	X	X	X	X		X		X		X
HIIT Training for Boxing	0.2	X	X	X		X	X		X		X		X
Holiday Strategies	0.1	X	X			X	X			X			X
Important of Core Strength in the Young Athlete	0.1	X	X			X			X				X
Importance of Strength Training for Senior Clients	0.05	X	X	X			X						X
Improving Client Progress	0.1	X	X	X	X	X	X	X	X		X		X
Inclined Treadmill by FreeMotion	0.05	X	X				X						X
Injury Prevention: Achilles Tendinopathy	0.2	X	X	X	X	X	X	X	X		X	X	X
Injury Prevention: Plantar Fasciitis	0.2	X	X	X	X	X	X	X	X		X	X	X
Interval Training	0.2	X	X	X	X	X	X				X		X
Is Barefoot Running Good or Bad for You?	0.1	X	X			X	X						X
Keeping Kids Active	0.1	X	X	X		X							X
Kettle Bell Training	0.2	X	X	X		X	X		X		X		X
Lifting and Training to Lift	0.1	X	X	X		X	X		X		X		X
Make Your Waist Look Smaller	0.2	X	X	X			X						X
Master Your Mind, Master Your Weight	1.0	X	X							X			X
Maximizing Muscle Recovery After Resistance Exercise	0.05	X	X	X		X	X		X	X			X
Medicine Ball	0.2	X	X	X		X	X				X		X
Metatarsophalangeal MTP Joint Sprain ( Turf Toe )	0.1	X	X	X		X	X				X	X	X
Moment Arm Exercise	0.6	X	X	X		X	X		X				X
Music Therapy for Personal Trainers	0.3	X	X				X					X	X
New Guidelines for Resistance Training for Children	0.1	X	X	X		X							X
Optimizing A First Ride...and Getting Them to Come Back!	0.3			X	X								
Physiological Changes During Supine Exercises in Pregnancy	0.1	X	X	X		X	X		X		X		X
Plyometric Training	0.1	X	X	X		X			X		X		X
Plyometric Training With Youth Clients	0.1	X	X	X		X	X	X				X	X

# Continuing Education

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Posture	0.15	X	X	X					X		X		
Potential Risks and Concerns Associated with Youth Resistance Training	0.1	X	X	X	X	X	X	X	X	X	X		X
Pranayama Health Benefits	0.1	X	X	X		X	X		X				X
Progressive Overload	0.1	X	X	X	X		X		X		X	X	X
Quadriceps Tendon Repair	0.3	X	X	X		X	X		X				X
Rock Hard Arms	0.2	X	X	X		X	X		X				X
Rock Hard Back	0.2	X	X	X		X	X		X				X
Rock Hard Chest	0.2	X	X	X		X	X		X				X
Rock Hard Core	0.3	X	X	X		X	X		X				X
Rock Hard Glutes	0.2	X	X	X		X	X		X				X
Rock Hard Legs	0.2	X	X	X		X	X		X				X
Rock Hard Shoulders	0.2	X	X				X						X
Run Your First Marathon	0.6	X	X	X		X	X		X		X	X	X
Shin Splints	0.1	X	X	X		X	X				X		X
Small Group Training	0.2	X	X	X		X	X				X		X
Speed, Agility, and Strength Training	0.6	X	X	X		X	X		X				X
Strength and Resistance Profiles	0.1			X							X		
Strength Programming for Group Fitness: Designing Effective Combined Routines	0.1	X	X	X						X			X
Super Foods	0.1	X	X	X		X	X	X	X		X		X
Superiority of Isometric Core Training	0.1	X	X	X		X	X				X		X
Suspension Training	0.1	X	X	X		X		X		X			X
The Components of the Female Triad	0.05							X					
The Eight Limbs of Yoga	0.1	X	X	X		X	X		X				X
The Overhead Squat - An Assessment Tool	0.15	X	X	X			X		X			X	X
The Spine and PROM Testing	0.1	X	X			X	X		X	X			X
Three Proven Reasons Your Client's Fat Isn't Falling Off	0.1	X	X	X		X	X		X			X	X
Three Steps to Making Great Money as a CPT in the Commercial Fitness Industry	0.1	X	X	X									X
Trail Running	0.1	X	X	X		X	X				X		X
Training the Obliques	0.1	X	X	X			X						X
Training the Rotator Cuff Client	0.1			X		X	X	X					
Training With the Barre	0.2	X	X	X		X	X	X	X				X
Training women	0.15	X	X	X		X	X		X				X
Understanding and Implementing Eccentric Training	0.1	X	X	X			X	X				X	X

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Understanding the Fibro Behind Myalgia	0.1	X	X	X			X	X				X	X
Understanding the Cervical Spine	0.1	X	X	X	X	X	X	X	X		X	X	X
Understanding the Hip Complex	0.15	X	X	X	X	X	X	X	X		X	X	X
Understanding the Knee Complex	0.1	X	X	X	X	X	X	X	X		X	X	X
Understanding the Lumbar Spine	0.15	X	X	X	X	X	X	X	X		X	X	X
Understanding the Shoulder Complex	0.1	X	X	X	X	X	X	X	X		X	X	X
Unilateal Training	0.3	X	X	X		X	X		X				X
Unstable Surfaces	0.2	X	X	X		X	X				X		X
Upper/Lower Superset Training for Boxing	0.2	X	X	X		X	X		X		X		X
Viewing the Human Body as the Ultimate Machine	0.1	X	X	X		X	X		X				
What is Yoga Therapy?	0.1						X	X					X
What You Need To Know About Training Clients with Arthritis	0.05	X	X	X			X		X		X		X
Why Top Athletes Use Yoga to Improve Their Game	0.1	X	X					X					X
Yes, You Can! Fitness After 40	0.5	X	X	X	X		X		X		X		X
Yoga for Personal Trainers	0.8	X	X					X					
Yoga Therapy for Women With PTSD	0.1			X				X					

# Smart Fitness Exclusive

Course Name	CEUS	CPT	CSTS	GXI	CICI	CYFS	CSFS	CYI-VF	CPI	WMS	CKI	CFS	SF-PT
<b>Sales Courses</b>													
10 Steps to Successful Sales in a Gym Setting	0.1	X	X										X
How to be Successful as a Personal Trainer in a Commercial Health Club	0.2	X	X										X
Prospecting for Clients	0.1	X	X										X
Relationship-Based Selling	0.1	X	X										X
The Three Most Common PT Sales Mistakes	0.1	X	X										X
<b>Member Service Courses</b>													
The Art of First Impressions	0.1	X	X			X	X			X			X
Frontline Excellence	0.1	X	X			X	X			X			X
Member Experience	0.1	X	X			X	X			X			X
5 Star Communication	0.1	X	X			X	X			X			X
<b>Management Courses</b>													
Building Your Dream Team	0.3												

***SMART FITNESS***<sup>®</sup>

# **National Council for Certified Personal Trainers**

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**Educate - Motivate - Elevate**