



National Personal Training Institute
of Arizona

2022

Syllabus

Week 1

Monday	Time	Quizzes
<ul style="list-style-type: none">CORE PT.1Anatomy 1,2,3Anatomy Practical Workout(MOTW) Movement of the week RDL's	Morning Afternoon Afternoon	- - -
Tuesday		
<ul style="list-style-type: none">Nutrition 101Stretching/Flexibility 101	Morning Afternoon	- -
Wednesday		
<ul style="list-style-type: none">CORE PT.2Anatomy 4,5,6NASM Intro Chapter #1Practical / POM / Joint actions reviewPractical Workout	Morning Morning Afternoon Afternoon	- - - -
Thursday		
<ul style="list-style-type: none">Fitness Business Intro / PT IncomeProgram Design / Intro	Morning Afternoon	- -

NOTES: * Core Packet Due Week 10 * Read NASM Chapters 1, 2, & 3 by end of week 1

Week 2

Monday	Time	Quizzes
<ul style="list-style-type: none">Core Anatomy Review / KahootAnatomy of the week- Glutes/Psoas/ IliacusAnatomy Practical WorkoutMovement of the week/ Dead lifts	Morning Morning Afternoon	-Core quiz - -
Tuesday		
<ul style="list-style-type: none">Nutrition / CarbohydratesStretching / PNF Intro	Morning Afternoon	Nutrition 101 -
Wednesday		
<ul style="list-style-type: none">NASM Chapter 7 OPT ModelNASM Practical/Program DesignGroup Workout	Morning Afternoon Afternoon	- - -
Thursday		
<ul style="list-style-type: none">Fitness Business / Revenue StreamsProgram design / BasicsProgram design / Practical	Morning Afternoon Afternoon	Fitness Business Intro - -

NOTES: * Read NASM Chapters 4,5, and 7 by end of week 2

Week 3

Monday

- Anatomy Multifidus/QL
-
- MOTW Back Squats
- Anatomy Practical Workout

Time

Morning

Afternoon
Afternoon

Quizzes

Glutes/iliopsoas

-
-

Tuesday

- Nutrition / Proteins
- PNF / Stretching

Morning
Afternoon

Carbohydrates
-

Wednesday

- NASM Chapter 11
- Skinfold / Circ / Vo2 Measurements
- Vo2 Testing intro / NPTI Olympics #1

Morning
Morning
Afternoon

-
-
-

Thursday

- Fitness Business / Branding
- Program Design / Case Study & Practical

Morning
Afternoon

Revenue Streams
-

NOTES: *Business Branding handout due week 6 *Read NASM Chapters 6,8, and 11 before end of week 3

Week 4

Monday

- Pec major/minor/Serratus
- MOTW Bench Press Practical
- Anatomy Practical Workout

Time

Morning
Afternoon
Afternoon

Quizzes

Multifidus/QL
-
-

Tuesday

- Nutrition / Fats
- PNF Stretching

Morning
Afternoon

Proteins
-

Wednesday

- NASM Chapter 21
- VO2 Testing / Group Training

Morning
Afternoon

-

Thursday

- Business / Sales 101
- Business / Sales Practical
- Program Design / Case Study & Practical

Morning
Morning & Afternoon
Afternoon

-
-
-

NOTES: *Read NASM Chapters 9,10, and 21 before end of week 4

Week 5

Monday

- Anatomy Deltoids/Rotators
- MOTW Overhead Presses
- Anatomy Practical Workout

Time

Morning
Afternoon
Afternoon

Quizzes

Pecs/Serratus
-
-

Tuesday

- Micronutrients
- PNF Stretching

Morning
Afternoon

Fats
-

Wednesday

- NASM Chapter 22
- NASM Practical
- Group Training
- Individual Practical Workout

Morning
Morning
Afternoon
Afternoon

-
-
-
-

Thursday

- Business – Client Retention
- Business – Referrals/Reviews/References
- Review Business Presentation Final
- Program Design / Case Study & Practical

Morning
Morning
Morning
Afternoon

Sales
-
-
-

NOTES: *Business Presentation for Final Due Week 11 *Read NASM Chapters 12,13,22 before end of week 5

Week 6

Monday

- Anatomy Lats/Teres Major
- MOTW Bent Over BB Rows
- Anatomy Practical

Time

Morning
Afternoon
Afternoon

Quizzes

Deltoids/Rotators
-
-

Tuesday

- Nutrition – Processed Foods
- PNF Stretching

Morning
Afternoon

Micronutrients
-

Wednesday

- NASM CH. 14 & 15
- NASM Practical

Morning
Afternoon

-
-

Thursday

- Business – Creating a Niche
- Business Branding Handout Due
- Program Design / Case Study & Practical

Morning
Morning
Afternoon

-
-
-

NOTES: *Read NASM Chapters 14 & 15 before end of week 6

Week 7

Monday

- Anatomy Bi/Triceps
- Anatomy Practical
- One-on-One training

Time

Morning
Afternoon
Afternoon

Quizzes

Lats/Teres major
-
-

Tuesday

- Nutrition – Herbals
- PNF / Myofascial Release / Hypervolt
- PNF Stretching Final Practical & Written Test

Morning
Afternoon
Afternoon

Processed Foods
-
Stretching Final

Wednesday

- NASM CH 16 & 17
- NASM Practical
- Kettlebell Intro & Practical

Morning
Morning
Afternoon

-
-
-

Thursday

- Fitness Business / Starting a Company & Setup
- Program Design / Case Study & Practical

Morning
Afternoon

-
-

NOTES: *Read NASM Chapters 16 & 17 before end of week 7

Week 8

Monday

- Anatomy Quads
- Anatomy Practical
- One-on-One training

Time

Morning
Afternoon
Afternoon

Quizzes

Biceps/Triceps
-
-

Tuesday

- Nutrition – Supplements
- Lower Body “Outside the Box” Exercises

Morning
Afternoon

Herbals
-

Wednesday

- NASM CH 18 & 19
- NASM Practical
- Suspension/TRX Intro
- Kettlebell Practical

Morning
Morning
Afternoon
Afternoon

-
-
-
-

Thursday

- Fitness Business / In-Home PT
- Fitness Business / On-Line PT
- Program Design / Case Study & Practical

Morning
Morning
Afternoon

-
-
-

Notes: *Read NASM Chapters 18 & 19 before end of week 8

Week 9

Monday

- Anatomy Hamstrings/Calves
- Anatomy Practical
- One-on-One Training

Time

Morning
Afternoon
Afternoon

Quizzes

Quads
-
-

Tuesday

- Obesity, Diabetes, Osteoporosis
- Upper Body “Outside the Box” Exercises

Morning
Afternoon

Supplements
-

Wednesday

- NASM CH 20
- NASM Practical
- Group Training & One-on-One Training

Morning
Morning
Afternoon

-
-
-

Thursday

- Business – Resume & Interviewing
- Understanding Bloodwork Basics
- Program Design & Practical

Morning
Afternoon
Afternoon

-
-
-

Notes: *Read NASM Chapters 20 & 21 before end of week 9

Week 10

Monday

- Anatomy Review for Final
- Group Training

Time

Morning
Afternoon

Quizzes

Hamstrings/Calves
-

Tuesday

- Food, Feelings, and Emotions
- Grocery Store Tour

Morning
Afternoon

Obesity, Diabetes,
Osteoporosis
-

Wednesday

- NASM Review
- NASM Practical
- Group Training
- One-on-One Training

Morning
Morning
Afternoon
Afternoon

-
-
-
-

Thursday

- Problem Solving/Liability/Putting out Fires
- Kettlebell Certification Final
- Suspension Training/TRX Final

Morning
Afternoon
Afternoon

-
Kettlebell Final
Suspension Final

Notes: *Read NASM Chapters 23 before end of week 10

Week 11

Monday

- Anatomy Final
- Practical Final

Time

Morning
Afternoon

Quizzes

Finals
Finals

Tuesday

- Nutrition Final
- CPR/AED Class – Certification

Morning
Afternoon

Finals
CPR/AED

Wednesday

- NASM Final
- Practical Final

Morning
Afternoon

Finals
Finals

Thursday

- Business Presentations / Final
- Graduation

Morning
Morning

Finals
-

Notes: *Diplomas & Certifications will be mailed to students who completed the NPTI Master Personal Trainer program with-in 7 days of graduation.

ATTENTION: Class schedules are subject to change without prior notice.

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