



Course Catalog

2018



Certifications

Course Name	CEUs	Initials	Price	CPT	CSTS	GXI	CICI	CYFS	CSFS	CYI-VF	CPI	WMS	CKI	CFS
NCAA Accredited Personal Trainer	1.6	CPT	\$479.99	X	X			X	X		X			X
Certified Personal Trainer - En Espanol	1.6	CPT	\$479.99	X	X			X	X		X			X
Certified Flexibility Specialist	0.8	CFS	\$239.99	X	X	X		X	X	X	X		X	
Certified Group Exercise Instructor	0.8	CGXI	\$239.99				X			X			X	
Certified Indoor Cycling Instructor	1.0	CICI	\$239.99			X								
Certified Kickboxing Instructor	0.8	CKI	\$239.99			X								
Certified Powerlifting Instructor	1.9	CPI	\$479.99	X	X									
Certified Senior Fitness Specialist	0.8	CSFS	\$239.99	X	X						X			
Certified Weight Management Specialist	0.8	CWMS	\$239.99	X	X			X	X		X			X
Certified Weight Management Specialist II	0.8	CWMS II	\$239.99	X	X			X	X		X			X
Ceritfed Yoga Instructor - Vinyasa Flow	0.8	CYI-VF	\$479.99			X	X		X					
Certified Youth Fitness Specialist	0.8	CYFS	\$239.99	X	X	X	X		X	X	X		X	
Certified Strength Training Specialist	1.9	CSTS	\$479.99	X				X	X		X			X

Continuing Education

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Acute Hormonal Response to Strength Training	0.05	\$14.99	X	X				X					
Agility Training	0.2	\$39.99	X	X	X				X				
Alternative Training	0.05	\$14.99	X	X	X		X	X		X		X	
Altitude Training	0.1	\$24.99	X	X		X							
Anaerobic and Aerobic Adaptions in training	0.05	\$14.99	X	X	X	X	X	X		X		X	
Anatomy Basics for the Foot and Ankle Complex	0.2	\$39.99	X	X	X	X	X	X	X	X		X	
Antioxidant Use in Sport and Fitness	0.05	\$14.99	X	X							X		
Assessing Piriformis Syndrome	0.1	\$24.99	X	X				X	X				X
Back Injury Prevention	0.1	\$24.99	X	X	X			X		X		X	X
Back Pain Relief and Yoga	0.3	\$49.99	X		X			X	X		X		X
Bargain Grocery Shopping	0.1	\$24.99	X	X								X	
Battle Ropes	0.1	\$24.99	X	X	X		X	X				X	
Biomechanical Implications of a Wide Versus Narrow Stance Squat	0.1	\$24.99	X	X			X	X		X			
Biomechanics in Exercise Instruction	0.1	\$24.99	X	X			X	X		X			
Can a plant-based diet cure common ailments?	0.1	\$24.99	X				X	X			X	X	
Cardio or Strength First?	0.05	\$14.99			X								X
Chronic Low Back Pain Sufferers can Benefit from Pilates Mat Exercise	0.1	\$24.99	X	X	X			X	X				
Coaching the Postpartum Client	0.1	\$24.99	X	X	X					X			
Components of Neuromuscular Control	0.1	\$24.99	X	X	X		X	X		X		X	
Concussion Grades	0.05	\$14.99	X	X	X					X			
Cowspiracy: The Sustainability Secret	0.4	\$59.99	X	X							X		
Dietary Considerations for Endurance Athletes	0.1	\$24.99	X	X	X	X	X	X			X		
Effective Integration of Ballet-Based Exercises	0.1	\$24.99	X		X		X	X				X	
Efficacy of High-Fat Diets and Endurance	0.05	\$14.99	X	X	X	X	X	X		X	X		
Eight Limbs of Yoga	0.1	\$24.99							X				
Energy Balance	0.05	\$14.99	X	X	X	X	X	X		X	X	X	
Ergogenic Aids	0.05	\$14.99	X	X	X	X	X	X		X			
Exercise Application	0.4	\$59.99	X	X	X					X			
Factors of Force Production	0.05	\$14.99	X	X	X					X			
Fasting Diets	0.1	\$24.99	X	X	X	X		X		X	X	X	X
Femoroacetabular Impingement	0.4	\$59.99	X	X	X	X		X		X		X	X
Femoroacetabular Impingement Article	0.05	\$14.99	X	X	X	X		X		X			
Forks over Knives	0.2	\$39.99	X	X							X		

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Functional Training	0.2	\$39.99	X	X	X		X	X				X	
Getting Fit, One Arm at a Time	0.05	\$14.99		X	X		X	X		X		X	
Group Meditation	0.2	\$39.99	X	X	X	X		X	X				X
Group Treadmill Training	0.3	\$49.99	X		X								
Head Strong	0.1	\$14.99		X	X	X	X	X	X	X		X	
Heat and Ice Treatments	0.05	\$14.99	X	X	X	X	X	X		X		X	
High Road - Acclimating to Altitude	0.1	\$24.99	X	X	X	X	X	X		X			
HIIT Training	0.2	\$39.99	X	X	X	X	X	X		X		X	
HIIT Training for Boxing	0.2	\$39.99	X	X	X		X	X		X		X	
Holiday Strategies	0.1	\$24.99	X	X			X	X			X		
Important of Core Strength in the Young Athlete	0.1	\$24.99	X	X			X			X			
Importance of Strength Training for Senior Clients	0.05	\$14.99	X	X	X			X					
Improving Client Progress	0.1	\$24.99	X	X	X	X	X	X	X	X		X	
Inclined Treadmill by FreeMotion	0.05	\$14.99	X	X				X					
Injury Prevention: Achilles Tendinopathy	0.2	\$39.99	X	X	X	X	X	X	X	X		X	X
Injury Prevention: Plantar Fasciitis	0.2	\$39.99	X	X	X	X	X	X	X	X		X	X
Interval Training	0.2	\$39.99	X	X	X	X	X	X				X	
Is Barefoot Running Good or Bad for You?	0.1	\$24.99	X	X			X	X					
Keeping Kids Active	0.1	\$24.99	X	X	X		X						
Kettle Bell Training	0.2	\$39.99	X	X	X		X	X		X		X	
Lifting and Training to Lift	0.1	\$24.99	X	X	X		X	X		X		X	
Make Your Waist Look Smaller	0.2	\$39.99	X	X	X			X					
Master Your Mind, Master Your Weight	1.0	\$479.99	X	X							X		
Maximizing Muscle Recovery After Resistance Exercise	0.05	\$14.99	X	X	X		X	X		X	X		
Medicine Ball	0.2	\$39.99	X	X	X		X	X				X	
Metatarsophalangeal MTP Joint Sprain (Turf Toe)	0.1	\$24.99	X	X	X		X	X				X	X
Moment Arm Exercise	0.6	\$84.99	X	X	X		X	X		X			
Music Therapy for Personal Trainers	0.3	\$49.99	X	X				X					X
New Guidelines for Resistance Training for Children	0.1	\$24.99	X	X	X		X						
Optimizing A First Ride...and Getting Them to Come Back!	0.3	\$49.99			X	X							
Physiological Changes During Supine Exercises in Pregnancy	0.1	\$24.99	X		X		X	X		X		X	
Plyometric Training	0.1	\$24.99	X	X	X		X			X		X	
Plyometric Training With Youth Clients	0.1	\$24.99	X	X	X		X	X	X				X

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Posture	0.15	\$24.99	X	X	X		X	X	X				X
Potential Risks and Concerns Associated with Youth Resistance Training	0.1	\$24.99	X	X	X		X	X	X	X		X	
Pranayama Health Benefits	0.1	\$24.99	X	X	X	X	X	X		X	X	X	
Progressive Overload	0.1	\$24.99	X	X	X			X		X			
Quadriceps Tendon Repair	0.3	\$49.99	X	X	X	X	X	X		X		X	X
Rock Hard Arms	0.2	\$39.99	X	X	X		X	X		X			
Rock Hard Back	0.2	\$39.99	X	X	X		X	X		X			
Rock Hard Chest	0.2	\$39.99	X	X	X		X	X		X			
Rock Hard Core	0.3	\$49.99	X	X	X		X	X		X			
Rock Hard Glutes	0.2	\$39.99	X	X	X		X	X		X			
Rock Hard Legs	0.2	\$39.99	X	X	X		X	X		X			
Rock Hard Shoulders	0.2	\$39.99	X	X	X			X		X			
Run Your First Marathon	0.6	\$84.99	X	X			X	X					
Shin Splints	0.1	\$24.99	X	X	X		X	X		X		X	X
Small Group Training	0.2	\$39.99	X	X	X		X	X				X	
Speed, Agility, and Strength Training	0.6	\$84.99	X	X	X		X	X				X	
Strength and Resistance Profiles	0.1	\$24.99	X	X	X					X			
Strength Programming for Group Fitness: Designing Effective Combined Routines	0.1	\$24.99			X							X	
Super Foods	0.1	\$24.99	X	X	X		X	X	X		X		
Superiority of Isometric Core Training	0.1	\$24.99	X	X	X		X	X		X		X	
Suspension Training	0.1	\$24.99	X	X	X		X		X			X	
The Components of the Female Triad	0.05	\$14.99	X	X	X				X		X		
The Eight Limbs of Yoga	0.1	\$24.99					X	X					
The Overhead Squat - An Assessment Tool	0.15	\$24.99	X	X	X			X		X			
The Spine and PROM Testing	0.1	\$24.99	X	X	X		X	X		X			X
Three Proven Reasons Your Client's Fat Isn't Falling Off	0.1	\$24.99	X	X			X	X		X	X		
Three Steps to Making Great Money as a CPT in the Commercial Fitness Industry	0.1	\$24.99	X	X	X					X			X
Trail Running	0.1	\$24.99	X	X	X		X	X					
Training the Obliques	0.1	\$24.99	X	X	X			X				X	
Training the Rotator Cuff Client	0.1	\$24.99	X	X	X		X	X	X				
Training With the Barre	0.2	\$39.99			X		X	X	X				
Training women	0.15	\$24.99	X	X	X		X	X		X			
Understanding and Implementing Eccentric Training	0.1	\$24.99	X	X	X					X			

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Understanding the Fibro Behind Myalgia	0.1	\$24.99	X	X	X			X	X				X
Understanding the Cervical Spine	0.1	\$24.99	X	X	X	X	X	X	X	X		X	X
Understanding the Hip Complex	0.15	\$24.99	X	X	X	X	X	X	X	X		X	X
Understanding the Knee Complex	0.1	\$24.99	X	X	X	X	X	X	X	X		X	X
Understanding the Lumbar Spine	0.15	\$24.99	X	X	X	X	X	X	X	X		X	X
Understanding the Shoulder Complex	0.1	\$24.99	X	X	X	X	X	X	X	X		X	X
Unilateal Training	0.3	\$49.99	X	X	X		X	X		X			
Unstable Surfaces	0.2	\$39.99	X	X	X		X	X				X	
Upper/Lower Superset Training for Boxing	0.2	\$39.99	X	X	X		X	X		X		X	
Viewing the Human Body as the Ultimate Machine	0.1	\$24.99	X	X	X		X	X		X			
What is Yoga Therapy?	0.1	\$24.99						X	X				
What You Need To Know About Training Clients with Arthritis	0.05	\$14.99	X	X	X			X		X		X	
Why Top Athletes Use Yoga to Improve Their Game	0.1	\$24.99	X	X					X				
Yes, You Can! Fitness After 40	0.5	\$74.99	X	X	X	X		X		X		X	
Yoga for Personal Trainers	0.8	\$358.99	X	X					X				
Yoga Therapy for Women With PTSD	0.1	\$24.99			X				X				



National Council for Certified Personal Trainers

NCCPT.com

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