

# Postgraduate Certificate Fitness Instructor in Targeted Personal Training

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate Fitness Instructor in Targeted Personal Training

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/sports-science/postgraduate-certificate/fitness-instructor-targeted-personal-training](http://www.techtitute.com/in/sports-science/postgraduate-certificate/fitness-instructor-targeted-personal-training)

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# 01

# Introduction

Metabolic syndrome is defined as a set of cardiovascular and insulin-resistance risk factors that significantly endanger people's health. In this context, sport is often one of the most important parts of the comprehensive approach to this problem, as it can significantly improve the person's physical condition and the appearance of further complications. Aware of this, TECH's professionals have designed this complete academic program that will teach the gym instructor how to perform indoor workouts that enhance positive habits in users and prevent the deterioration of their health and the reappearance of metabolic syndrome.

A photograph showing the back of a person wearing a black turtleneck with the word "TRAINER" printed in white. To the right, another person in a pink top is partially visible. The image is overlaid with a large blue diagonal graphic element.

**TRAINER**



“

*Metabolic syndrome is affecting more and more people. Learn how to manage it and improve the physical health of your clients with this program"*

Although there is no single definition for Metabolic Syndrome (MS), most international institutions define it as a disorder in which obesity, altered glucose values, dyslipidemia and/or hypertension coexist.

This scenario presents us with a patient with an alteration at different levels that constitutes a health problem of the first order.

The complexity of this syndrome requires an integrated approach, including lifestyle modification as a fundamental basis for a treatment that, in many cases, involves the use of several drugs.

For all these reasons, this program will develop in an extensive and detailed way the characteristics that define this problem and the intervention criteria to improve the health and quality of life of these patients, avoiding symptoms and the appearance of more complications.

All of this, condensed into a six-week academic program that will become a turning point in the student's professional career. A Postgraduate Certificate designed by and for the best, and that has the endorsement of a great educational institution such as TECH.

This **Postgraduate Certificate in Fitness Instructor in Targeted Personal Training** contains the most complete and up-to-date program on the market. The most important features of the program include:

- Practical cases presented by experts in Physical Activity and Sport
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*If you want to work as an instructor in targeted personal training, not only taking into consideration the physical, but also metabolic aspects, then you are in the right place"*

“

*The tools, knowledge and skills you will acquire will enable you to excel in a sector that increasingly requires more and more specialized instructors”*

The program includes, in its teaching staff, professionals from the sector who bring their work experience to this refresher program, as well as renowned specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*As this program is taught in a 100% online format, students can study wherever and whenever they want.*

*Learn all the singularities of metabolic syndrome with this Postgraduate Certificate of excellent curricular value.*



# 02 Objectives

The Postgraduate Certificate in Fitness Instructor in Targeted Personal Training at TECH was created with the fundamental objective of promoting in the student the acquisition of specific skills that will become the basis on which they will support their daily practice. To this end, a program of the highest level has been established based on the latest developments in the sector and created with the utmost scientific rigor. These contents will be taught by a team of top professionals who will provide the student with valuable tools to work as a Gym Instructor with greater guarantees of success.







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*If your goal is to grow within a booming profession, then this program is for you”*



## General Objectives

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- Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- Master all the most advanced methods of sports performance evaluation
- Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- Master the principles governing exercise physiology, as well as biochemistry
- Successfully integrate all the knowledge acquired in the different modules in real practice





### Specific Objectives

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- ♦ In-depth understanding of the pathophysiology of metabolic syndrome
- ♦ Understand the intervention criteria to improve the health and quality of life of patients with this pathology
- ♦ Be able to plan and program training in an individualized way for a person with metabolic syndrome



*Welcome to the program that will allow you to work as a Gym Instructor with more guarantees"*

# 03

# Course Management

One of the aspects that make this Postgraduate Certificate unique from others in the sector is the teaching staff. Thus, the professional who decides to take this program with TECH will learn with a faculty of excellence, with years of experience in the sector and with the greatest desire to graduate the best in this field. For this reason, this team has also designed the contents of the Postgraduate Certificate, ensuring the student a complete learning experience, based on the highest scientific rigor and the latest developments in the sector.



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*A teaching staff of excellence not only  
for their knowledge, but also  
for their human quality"*

## Management



### Mr. Rubina, Dardo

- CEO of Test and Training
- EDM Physical Training Coordinator
- Physical trainer of the EDM First Team
- Master's Degree in High Performance in Sports(ARD) COE
- EXOS Certification
- Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- Specialist in Strength Training Applied to Physical and Sports Performance
- Certification in Weight Management and Physical Performance Technologies
- Postgraduate course in Physical Activity in Populations with Pathologies
- Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- PhD in High Performance Sports(ARD)



## Professors

### Mr. Varela, Mauricio

- ♦ Physical Education Teacher. Faculty of Humanities and Educational Sciences. National University of La Plata
- ♦ Teacher of physical activity classes in a personalized way for older adults
- ♦ Physical Trainer, Personal Trainer of Elite Cyclists at the Astronomy Cycling Circuit
- ♦ Physical Education Teacher EES 62, EES 32, EET 5, EES56, EES 31
- ♦ Specialization in Exercise Programming and Evaluation (Postgraduate course, Faculty of Humanities and Education Sciences, La Plata National University) Cohort
- ♦ ISAK Anthropometrist level 1

# 04

## Structure and Content

The structure of this Postgraduate Certificate has been designed to ensure that the Sports Science professional is able to work as a gym instructor, knowing all the details of the metabolic syndrome, and knowing how to approach it correctly. All this, based on a unique methodology and the support of the best experts in the field. Thus, TECH guarantees students a high-quality content according to their expectations, giving them the opportunity to excel in their area of work. You will be able to perform the various functions related to this program, together with the most innovative proposals in this field of action, guiding you towards excellence.





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*TECH offers its students the most complete and specific syllabus on the market"*

## Module 1. Indoor Targeted Personal Training

- 1.1. Metabolic Syndrome
  - 1.1.1. Metabolic Syndrome
  - 1.1.2. Epidemiology of Metabolic Syndrome
  - 1.1.3. The Patient with a Syndrome Considerations for Intervention
- 1.2. Pathophysiological Bases
  - 1.2.1. Definition of Metabolic Syndrome and Health Risks
  - 1.2.2. Pathophysiological Aspects of the Disease
- 1.3. Assessment and Diagnosis
  - 1.3.1. Metabolic Syndrome and its Assessment in the Clinical Setting
  - 1.3.2. Biomarkers, Clinical Indicators and Metabolic Syndrome
  - 1.3.3. Metabolic Syndrome, Its Assessment and Follow-Up by the Physical Exercise Specialist
  - 1.3.4. Diagnosis and Intervention Protocol for Metabolic Syndrome
- 1.4. Protocols and Treatments
  - 1.4.1. Lifestyle and Its Relationship with Metabolic Syndrome
  - 1.4.2. Nutrition and Its Importance in Metabolic Syndrome
  - 1.4.3. Exercise: Role with Metabolic Syndrome
  - 1.4.4. The Patient with Metabolic Syndrome and Pharmacologic Treatment: Considerations for the Exercise Professional
- 1.5. Indoor Training Plan with Patients with Metabolic Syndrome
  - 1.5.1. Customer Level Specification
  - 1.5.2. Objectives
  - 1.5.3. Assessment Processes
  - 1.5.4. Operability with Respect to Spatial and Material Resources
- 1.6. Programming of Indoor Strength Training
  - 1.6.1. Objectives of Strength Training for Metabolic Syndrome
  - 1.6.2. Volume, Intensity and Recovery of Strength Training for Metabolic Syndrome
  - 1.6.3. Selection of Exercises and Methods of Strength Training for People with Metabolic Syndrome
  - 1.6.4. Design of Strength Training Programs in Metabolic Syndrome People
- 1.7. Indoor Resistance Training Program
  - 1.7.1. Objectives of Resistance Training for Metabolic Syndrome
  - 1.7.2. Volume and Intensity and Recovery from Resistance Training for People with Metabolic Syndrome
  - 1.7.3. Choice of Exercises and Methods of Resistance Training for People with Metabolic Syndrome
  - 1.7.4. Design of Resistance Training Programs for People with Metabolic Syndrome
- 1.8. Precautions and Contraindications in Indoor Training
  - 1.8.1. Assessments for the Performance of Physical Exercise in the Population with Metabolic Syndrome
  - 1.8.2. Contraindications Regarding the Development of Activity in Patients with Metabolic Syndrome
- 1.9. Nutrition and Lifestyle in Patients with Metabolic Syndrome
  - 1.9.1. Nutritional Aspects in Metabolic Syndrome
  - 1.9.2. Examples of Nutritional Intervention in Metabolic Syndrome
- 1.10. Design of Indoor Training Programs for Patients with Metabolic Syndrome
  - 1.10.1. Design of Training Programs for People with Diabetes
  - 1.10.2. Design of Training Sessions for People with Diabetes
  - 1.10.3. Design of Comprehensive (Interdisciplinary and Multidisciplinary) Intervention Programs for People with Diabetes



*Lay the foundation for your professional growth with this great program of invaluable quality"*



# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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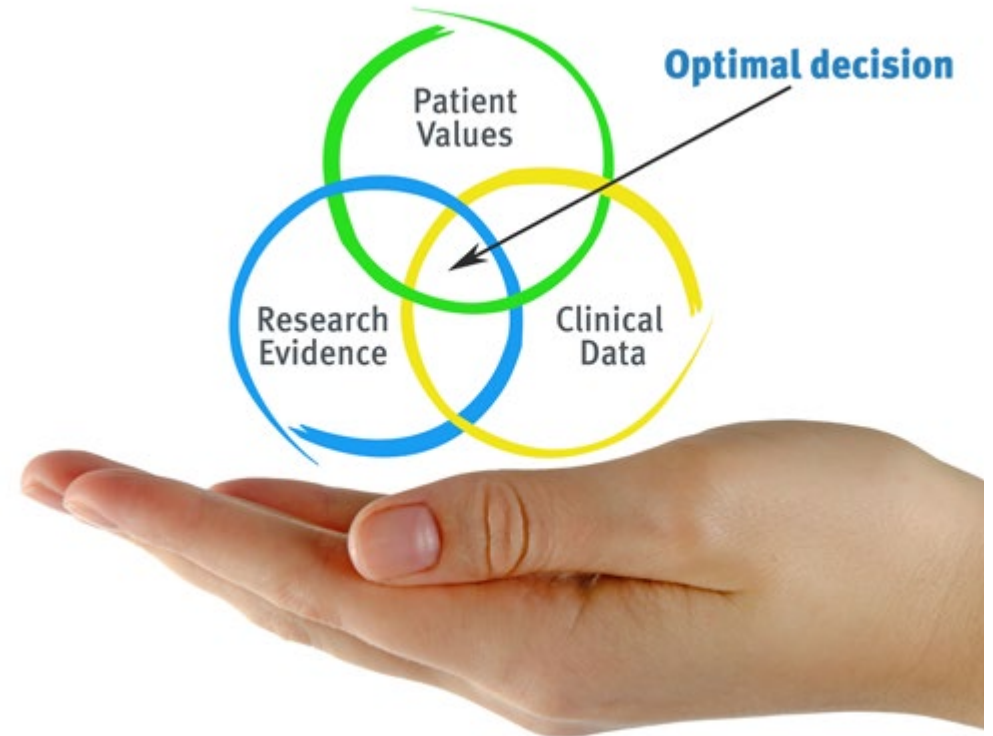
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.



*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

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*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



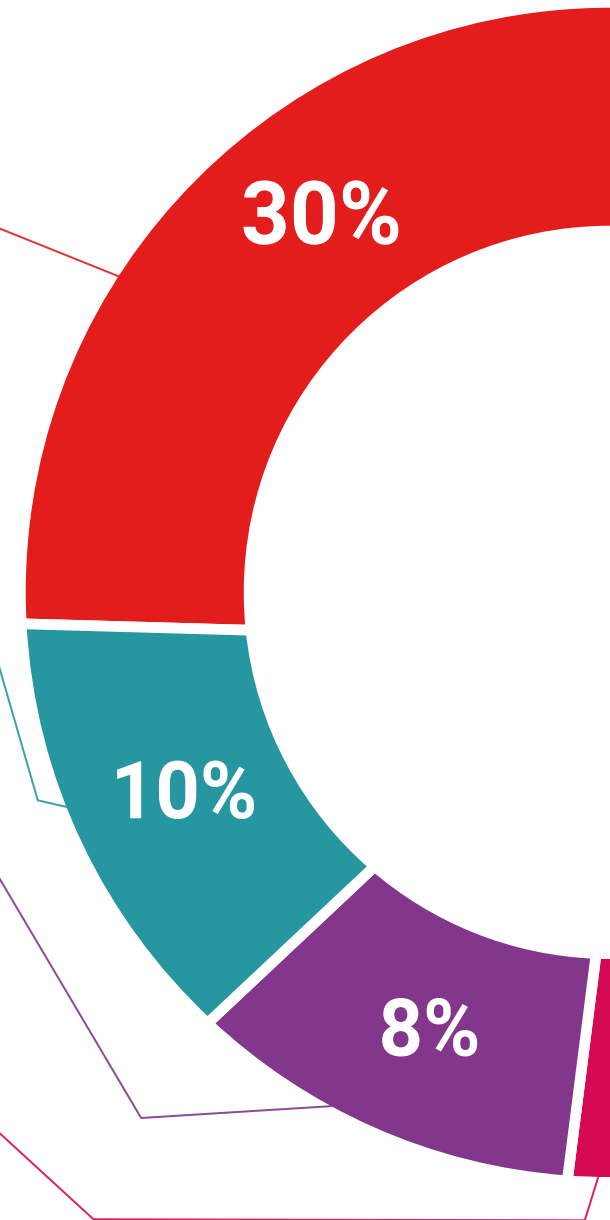
#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



# 06 Certificate

The Postgraduate Certificate in Fitness Instructor in Targeted Personal Training guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Fitness Instructor in Targeted Personal Training** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Fitness Instructor in Targeted Personal Training**

Official N° of Hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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