



## ***"Things to Read"*** **W.I.T.S. Personal Fitness Trainer**

*Readings and outlines are from the Health Fitness Instructor's Handbook 5<sup>th</sup> Edition.  
(You are responsible for the material in these chapters, so stay ahead and commit time each night)*

### **Core Knowledge lectures require you read the following each week;**

- Week 1      Lecture One - Chapter 1, 3, 28**
- Week 2      Lecture Two - Chapter 28, 27**
- Week 3      Lecture Three - Chapter 27, 7**
- Week 4      Lecture Four - Chapter 10, 11, 12, 13, 15, 16, 17**
- Week 5      Lecture Five - Chapter 14, 22, 26**

### **Practical labs require you read the following each week:**

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|--------|-----------------|----------|-----------|
| Week 1 | Practical One   | Chapters | 5, 6, 10  |
| Week 2 | Practical Two   | Chapters | 13, 27    |
| Week 3 | Practical Three | Chapter  | 12        |
| Week 4 | Practical Four  | Chapter  | 12 Review |
| Week 5 | Practical Five  | Chapter  | 26        |