



**"Educational Excellence
For Fitness Professionals"**

"Things to Read" WITS Personal Fitness Trainer

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

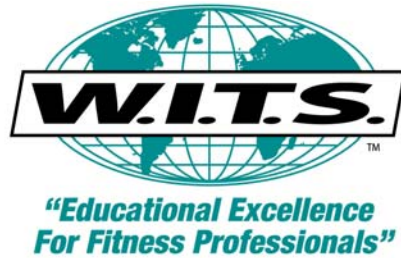
Core Knowledge lectures require you read the following each week;

Week 1	Lecture One - Chapter 1, 3, 28
Week 2	Lecture Two - Chapter 28, 27, 4 (p.41-49)
Week 3	Lecture Three - Chapter 27, 7
Week 4	Lecture Four - Chapter 10, 11, 12, 13, 15, 16, 17, 25
Week 5	Lecture Five - Chapter 14, 22, 25, 26

Practical labs require you read the following each week:

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

*** Some chapters are used for both practical lab and lecture.**



Attention Students

Upon receiving your textbook, it is recommended that you read the following chapters to help better prepare yourself for the first day of class:

1,3,5,6,10

These chapters should be read in the order that is listed.

Please see reverse side for week-by-week reading schedule.