



***"Educational Excellence
For Fitness Professionals"***

"Things to Read"

WITS Personal Fitness Trainer

*Readings and outlines are from the Fitness Professionals 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** Activity Fitness, Health (chapters 1, 2 (p. 16-17), 3, 5(p62-77))
Exercise Physiology (chapter 28)
- Week 2 Lecture Two** Exercise Physiology (chapter 28)
Biomechanics (chapter 27)
- Week 3 Lecture Three** Nutrition (chapters 6, 7, 11)
Flexibility (chapters 9, 13)
Cardiovascular (chapter 10)
- Week 4 Lecture Four** Weight Training (chapter 8, 12)
Special Populations (chapter 15, 16, 17, 19)
First Aid (chapter 25)
- Week 5 Lecture Five** Leadership (chapter 14)
Behavior Modification (chapter 22)
Business (chapter 26)

Practical labs require you read the following each week:

- Week 1 Practical One** Health Appraisal (chapters 3, 5)
Body Composition (chapter 6)
Cardiovascular (chapter 10)
- Week 2 Practical Two** Fitness Assessments (chapters 5, 6, 8, 9, 10)
- Week 3 Practical Three** Anatomy (chapter 27)
Flexibility (chapter 9, 13)
- Week 4 Practical Four** Weight Training (chapters 8, 12)
Biomechanics (chapter 27)
Physiology (chapter 28)
- Week 5 Practical Five** Program Design (chapter 16, 17, 19)
Program Administration (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, 2(p.16-17), 3, 5(p.62-77), 6, 28

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

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