Postgraduate Certificate
Administrative Role of the Fitness Instructor

Endorsed by the NBA

NBA

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Postgraduate Certificate
Administrative Role of the Fitness Instructor

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

Website: **www.techtitute.com/us/sports-science/postgraduate-certificate/administrative-role-fitness-instructor**

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01

Introduction

Learn how to administer and manage the logistics function of training centers and gyms with this complete academic program. A curriculum that focuses on providing the professional with skills to ensure that the services/activities offered by the gym, as well as the human resources and facilities, are adequate and meet the objectives set for this type of facility. In this way, the professional will be able to enhance and revalue their profile, and be at the forefront of a sector that increasingly requires more specialized professionals.

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"Excel in a booming profession by not only being an instructor capable of designing the most effective exercise plans, but also by being able to successfully manage the administrative and logistical work of the center"

Recent years have come to support the benefits of sport through scientific publications. It is for this reason that people find it necessary to go to specialized places, gyms and training centers, where they can perform physical activities in a controlled manner and guided by qualified professionals in the field.

It is at this point where it is understood for sure, how gyms have become a fundamental tool and a space of permanence in the daily routine of people of different ages and physical needs. In the same way, and understanding the number of people who come to them, it is also important to correctly manage and administer these centers.

Therefore, gyms, in addition to being a strategy to accompany this reality, represent spaces where psychophysical well-being is promoted and, therefore, it is essential that they can count on the presence of physical activity and health professionals who can meet the needs of users and, in turn, who can advise people on how physical activity should be carried out.

In short, any establishment worthy of being considered a gym must ensure that the services/activities offered, as well as the human resources and facilities, are adequate and meet the objectives set for this type of space.

For all these reasons, this TECH program focuses on providing the Sports Science professional with in-depth and effective knowledge that will enable them to successfully administer and manage the work in gyms. A program that will take place in just six weeks and is intended to be a before and after in the student's professional career.

This **Postgraduate Certificate in Administrative Role of the Fitness Instructor** contains the most complete and up-to-date scientific program on the market. The most important features 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

A unique academic program, key and decisive in catapulting your professional career"

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

If you want to make a quality leap in a booming sector, then this program is for you.

You will learn how to manage the logistics and administrative function of training centers in an effective and efficient way.

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.

02
Objectives

The main purpose of this Postgraduate Certificate is to help students acquire the skills, tools and knowledge that will enable them to successfully perform administrative work in fitness centers. To this end, a program of the highest level has been created 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 Fitness Instructor with greater guarantees of success.

If you are a top professional and want to continue to achieve your goals, then this Postgraduate Certificate is for you"

General Objectives

- 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

Your goals and TECH's goals come together and become a reality with this Postgraduate Certificate"

Specific Objectives

- Provide the student with information on the main administrative tasks required to organize the different activities proposed and the responsible and professional human resources that work there

- Provide the gym instructor with the theoretical knowledge as well as the necessary tools to coordinate the logistics of this facility

- Have an in-depth knowledge of the different types of tasks related to administrative logistics

- Understand the importance of the administrative functions of a fitness center as part of their professional background

- Correct management of administrative tasks and human resources of the gym

- Judiciously select and apply different types of management strategies according to their actual work context

03

Course Management

This academic program has a group of experts in the field, who will serve as teachers during the course. 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.

A faculty of excellence, who will guide the educational journey of the professionals"

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. Delovo, Nahuel

- Physical Education Teacher
- Physical Trainer Peruvian Rugby Federation
- General Coordinator at Athlon Capacitaciones
- Strength and Conditioning World Rugby, Level1
- Strength and Conditioning World Rugby, Pre Level2

04

Structure and Content

The professional who decides to take this program will have access to a bank of contents and multimedia materials generated by a group of professionals of high prestige in the sector. All these materials are based on a unique methodology with a high level of teaching.

Thus, TECH guarantees students a high-quality content according to their expectations, giving them the opportunity to excel in their area of work. In this way, the student will be able to perform the various functions related to this program, together with the most innovative proposals in this field of action, thus guiding them towards excellence.

Premium content designed with the industry's current needs in mind"

Module 1. Logistics and Administrative Role of the Indoor Instructor

1.1. Income and Expense Control

1.1.1. Spreadsheet Management

1.1.2. Automated Income and Expense control Systems

1.2. Proposed Activities

1.2.1. Variety of Proposals and Disciplines of a Gym

1.2.2. Rooms Inside a Gym

1.2.2.1. Weight Room

1.2.2.2. Group Activities Room

1.2.2.3. Indoor Cycling Room

1.2.2.4. Pilates Room

1.2.2.5. Rehabilitation or Therapy Room

1.3. Credits and Accounting Logistics

1.3.1. Organization of Activity Costs

1.3.2. Proposed Plans Linking Different Activities

1.4. Input and Data Sheets

1.4.1. Physical Control of Customer Entry

1.4.2. Digitized Control of Customer Entry

1.5. Social Networks and Outreach

1.5.1. Management of Instagram and Facebook to Advertise Gym Activities

1.5.2. Simple Design of Publications About Gym Activities and Events on Social Networks

1.6. Professional Meetings

1.6.1. Strategies Needed to Convene Professionals in Each Sector in Person

1.6.2. Virtual Strategies for Information Management Among Professionals in each Sector

1.7. Cleaning and Maintenance

1.7.1. Development of a Schedule for General Cleaning and Sanitization of Work Tools

1.7.2. Implementation of a Control and Maintenance System for the Operation of the Gym Facilities

1.8. Health and Safety Supplies

1.8.1. Basic Knowledge of Internal Security Instruments

1.8.2. Basic Knowledge of General Hygiene Measures

1.9. Relationship between Activity Proposal and Customer Profile

1.9.1. Different Potential Customer Profiles

1.9.2. Activities Linked to Each Profile

1.10. Essential Elements and/or Materials

1.10.1. Detail of Basic Elements that Will Be Necessary for the Correct Development of the Different Activities

1.10.2. Functions and Uses of Each Most Commonly Used Item

Specialize in a booming profession and start achieving all your goals"

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.

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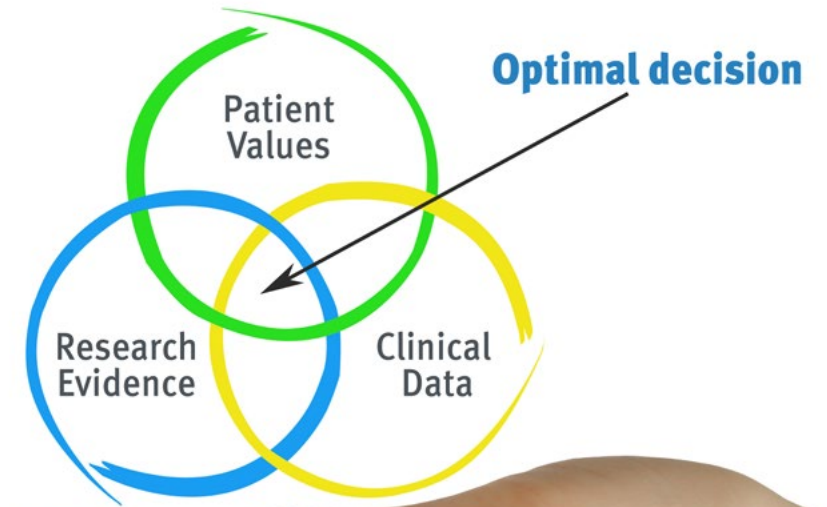
You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

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.

"

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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

30%

10%

8%

20%

25%

4%

3%

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 Administrative Role of the Fitness Instructor 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 Administrative Role of the Fitness Instructor** contains the most complete and up-to-date scientific 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 diploma 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 Administrative Role of the Fitness Instructor**

Official Nº of hours: **150 h.**

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Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Administrative Role of the Fitness Instructor

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

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

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