

10 steps to successful program design

By Suzanne Cox, BHMS

10 steps to successful program design is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to design superb programs for their clients, following a systemised set of steps. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

10 steps to successful program design explores:

- Identifying your clients goals and any factors that may affect their program
- How to assess your clients and use the results to create an individualised program
- Assigning cardiovascular, resistance and flexibility exercises that are tailored to suit the client

10 steps to successful program design is delivered online using a 30 page learner guide and 19 page appendix comprising additional articles and templates.

Upon successful completion, course participants will:

- Understand the importance of and process behind establishing goals
- Be able to use a pre-exercise questionnaire and fitness assessment to ascertain individual client requirements
- Have the knowledge to determine program particulars- such as reps, sets, rest, exercise selection
- Understand the importance and place of pre-hab and rehab exercises in client programs
- Have the ability to re-assess client program and determine their need for modification as appropriate.

Course Creator Bio

Suzanne Cox, BHMS, is an Accredited Exercise Physiologist who works with a wide range of clients in both clinical and gym environments. She is also a course presenter at the Australian Institute of Fitness in NSW and is the founder of Absolute Conditioning, a personal training business that specialises in corporate health consulting and athletic strength and conditioning. She is a passionate group fitness instructor and also runs her own dance school in Sydney.