



Personal Trainer Skills Checklist for Externship

Pinnacle Career Institute is focused on providing students the highest quality education possible. As a part of this process students are required to complete 160 hours of externship in the program.

- 60 hours of the 160 hour externship is spent in a focused hands-on assessment and training boot camp at the Professional Fitness Institute, a division of Pinnacle Career Institute, located in Las Vegas, NV.
- 100 hours of the externship are to be completed on-site in a working field experience to complete demonstration of the following skills required for the program.

Please indicate the skills that the student will demonstrate on-site in your facility while they are completing their externship in your facility.

Certificate	PT103
	<ul style="list-style-type: none"> • Practice competence in the assessment of cardiovascular risk factors, risk stratification and understand appropriate requirements of medical clearance prior to participation in an exercise program
	<ul style="list-style-type: none"> • Observe professional personal trainers as they fulfill their job responsibilities and provide reasonable assistance in the completion of the tasks.
	<ul style="list-style-type: none"> • Practice those skills required of a personal fitness trainer.
	<ul style="list-style-type: none"> • Learn to work within a team in a professional gym setting.
	<ul style="list-style-type: none"> • Demonstrate ability to work with clients of varying fitness levels under any circumstances with whatever equipment is available.
	<ul style="list-style-type: none"> • Demonstrate innovation with combining multi-joint, multi-planar movements to increase fitness in clients.
Boot Camp	<ul style="list-style-type: none"> • Illustrate career possibilities within the Personal Training field
	<ul style="list-style-type: none"> • Highlight new and innovative tools and techniques
	<ul style="list-style-type: none"> • Demonstrate willingness and ability to attempt new training methods
	<ul style="list-style-type: none"> • Demonstrate ability to work in a team environment
	<ul style="list-style-type: none"> • Demonstrate ability to motivate others
	<ul style="list-style-type: none"> • Demonstrate general knowledge of fitness assessments, exercise techniques, and exercise programming
	<ul style="list-style-type: none"> • Obtain CPR and First Aid certification
Associate of Occupational Studies	PT203
	<ul style="list-style-type: none"> • Practice competence in the assessment of cardiovascular risk factors, risk stratification and understand appropriate requirements of medical clearance

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	prior to participation in an exercise program. Client consultation and interview as a part of developing a unique exercise program.
	<ul style="list-style-type: none"> Observe professional personal trainers as they fulfill their job responsibilities and provide reasonable assistance in the completion of the tasks.
	<ul style="list-style-type: none"> Practice those skills required of a personal fitness trainer.
	<ul style="list-style-type: none"> Learn to work within a team in a professional gym setting. Demonstrate all aspects of working a team member (sales, supply order, client consultation, client support and imaging, workouts, maintenance of equipment, etc.)
	<ul style="list-style-type: none"> Demonstrate ability to work with clients of varying fitness levels under any circumstances (focus especially on special populations or clients with nutritional or multiple medical issues).
	<ul style="list-style-type: none"> Demonstrate innovation with combining multi-joint, multi-planar movements to increase fitness in clients. (Include a variety of movements with new techniques and tools)
Boot Camp	<ul style="list-style-type: none"> Demonstrate an understanding of how the body responds to physical activity
	<ul style="list-style-type: none"> Demonstrate how physical activity affects the individual participating
	<ul style="list-style-type: none"> Communicate career vision
	<ul style="list-style-type: none"> Establish goals within the fitness industry
	<ul style="list-style-type: none"> Develop a plan for achieving goals
	<ul style="list-style-type: none"> Introduction of advanced Personal Training tools and techniques
	<ul style="list-style-type: none"> Receive certification in CPR and First Aid.

Signature of Site Supervisor: _____

Signature of Student: _____

Signature of Director of Education- Boot
Camp: _____

Date: _____