THE AMERICAN FITNESS AND NUTRITION ACADEMY

Excellence in Fitness Education

SCHOOL CATALOG
WINTER AND SPRING 2012

Strengthen Your Fitness Career in 2012!

Welcome to the American Fitness and Nutrition Academy. We're with you every step of the way as you actively build and improve upon your fitness career.

In our quest to become the best training resource possible for fitness professionals, we are excited to announce our new alliance with the National Academy of Sports Medicine. It is now possible for our personal fitness trainer students to experience the quality of AFNA's industry-leading, state-licensed Diploma Personal Trainer program while simultaneously earning their Certified Personal Trainer credential with NASM. Many new course options have arisen as a result of this partnership and we encourage you to explore our school catalog for the plan that's right for you.

Looking for the NASM Corrective Exercise Specialist (CES) or Performance Enhancement Specialist (PES) credentials? Look no further - AFNA now offers classroom-taught options for these distinctions as well!

Also new for 2012 is AFNA's Registered Yoga Instructor Program, a 200-hour Yoga certification recognized nationally through the Yoga Alliance. We've even structured our new class calendar to allow students to pursue their Diploma in Personal Training side-by-side with their Registered Yoga Instructor credential - completing both in as little as four months!

Finally, AFNA continues to create and host the finest continued education fitness workshops and training clinics in the business, providing working fitness professionals with new tools and strategies to increase their earning potential.

Whether you are a fitness industry veteran or just starting out, the American Fitness and Nutrition Academy offers you the opportunity to excel - personally and professionally - like never before. Call us today at (866) 564-2362, or register for classes online at afna.com.

NASM® ACADEMIC PARTNER

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NEEDED!
~~WANTED~~: Fitness Professionals

The U.S. Bureau of Labor Statistics projects that employment in fitness will outpace growth in all other professions combined by a factor of 27% through 2016.

Individuals, business, doctors, and health insurers alike see the benefit of making time for exercise and nutrition. With two-thirds of the country overweight or obese, Americans are turning more urgently than evern to qualified Personal Trainers for real fitness and nutrition solutions.

Students of the American Fitness and Nutrition Academy are equipped with the kind of knowledge and experience that can open doors of opportunity to literally thousands of fitness and wellness employers around the country. Whether pursuing a career in personal and group training, athletic conditioning, yoga teaching, or all of the above - you are absolutely on the right track toward a fulfilling experience both personally and professionally.

Whatever your goal may be in the fitness business, AFNA's mission is to see you get there!

2012 Winter and Spring Class Calendar

Diploma Personal Trainer Academy

Day Classes

	Start:	End:	Standard Meeting Days and Times:				
Diploma Personal Trainer	1/2/12	- 4/20/12	Monday	Tuesday	Wednesday	Thursday	Friday
Diploma Personal Trainer	2/27/12	- 6/22/12	9:00 am 4:30 pm	1:00 pm 4:30 pm	9:00 am 4:30 pm	1:00 pm 4:30 pm	9:00 am 4:30 pm
Diploma Personal Trainer	4/30/12	- 8/17/12					

Includes NASM-CPT, PACT Client Training, and Nutrition Specialist

Duration: 3 1/2 months

Evening Classes

	Start:	End:	Standard Meeting Days and Times:			
Diploma Personal Trainer	4/30/12	- 12/20/12	Monday	Tuesday	Wednesday	Thursday
			5:30 pm 9:45 pm	5:30 pm 9:45pm	5:30 pm 9:45 pm	5:30 pm 9:45 pm

Includes NASM-CPT, PACT Client Training, and Nutrition Specialist

Duration: 7 1/2 months

NASM-CPT Only

Day Classes

	Start:	End:	Standard Meeting Days and Times:		
NASM Certified Personal Trainer	1/2/12	- 4/20/12	Monday	Wednesday	Friday
NASM Certified Personal Trainer	2/27/12	- 6/22/12	9:00 am 2:00 pm	9:00 am 2:00 pm	9:00 am 2:00 pm
NASM Certified Personal Trainer	4/30/12	- 8/17/12			

Included with Diploma Personal Trainer Program

Duration: 3 1/2 months

Evening Classes

	Start:	End:	Standard Meeting Days and Times:		
NASM Certified Personal Trainer	5/14/12	- 12/20/12	Monday	Wednesday	Thursday
			5:30 pm 8:30 pm	5:30 pm 8:30 pm	5:30 pm 8:30 pm

Included with Diploma Personal Trainer Program

Duration: 7 1/2 months

NASM Corrective Exercise Specialist

Afternoon Classes

	Start:	End:	Standard Meeting Days and Times:	
NASM Corrective Exercise Specialist	2/28/12	- 4/19/12	Tuesday	Thursday
			1:00 pm 4:30 pm	1:00 pm 4:30 pm

Prerequisite: AFNA Diploma or NASM-CPT

Duration: 1 1/2 months

2012 Winter and Spring Class Calendar

PACT Client Training Experience

Day Classes

	Start:	End:	Standard Meeting Days and Times:		
PACT Client Training	1/2/12	- 2/17/12	Monday	Wednesday	Friday
PACT Client Training	2/27/12	- 4/20/12	2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm
PACT Client Training	4/30/12	- 6/15/12			

Other weekdays and times may (occasionally) apply.

Duration: 1 1/2 months

Evening Classes

	Start:	End:	Standard Meeting Days and Times:		
PACT Client Training	4/30/12	- 7/11/12	Monday	Wednesday	Thursday
			8:30 pm 9:45pm	8:30 pm 9:45pm	8:30 pm 9:45pm

First 2 weeks: Attendance from 5:30pm - 10:00pm M,T,W,Th

Duration: 3 months

Nutrition and Weight Management Specialist

Day Classes

	Start:	End:	Standard Meeting Days and Times:	
Certified Nutrition Specialist	1/3/12	- 2/23/12	Tuesday	Thursday
Certified Nutrition Specialist	5/1/12	- 6/21/12	1:00 pm 4:30 pm	1:00 pm 4:30 pm

Included with Diploma Personal Trainer Program

Duration: 1 1/2 months

Evening Classes

	Start:	End:	Standard Meeting Days and Times:
Certified Nutrition Specialist	5/8/12	- 8/14/12	Tuesday
			5:30 pm 9:30 pm

Included with Diploma Personal Trainer Program

Duration: 3 months

Registered Yoga Teacher (Yoga Alliance RYT-200)

Day Classes

	Start:	End:	Standard Meeting Days and Times:	
Registered Yoga Teacher 200	2/28/12	- 6/21/12	Tuesday	Thursday
Registered Yoga Teacher 200	5/1/12	- 8/16/12	9:00 am 1:00 pm	9:00 am 1:00 pm

Other weekdays and times may (occasionally) apply.

Duration: 3 1/2 months

2012 Winter and Spring Class Calendar

Trainer Education Clinics

Day Session Clinics

	Start:	End:	Standard Meeting Days and Times:		
Joint Movements and Musculature	1/2/12	- 1/6/12	Monday	Wednesday	Friday
Joint Movements and Musculature	2/27/12	- 3/2/12	2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm
Joint Movements and Musculature	4/30/12	- 5/4/12			
			Included with Diploma Personal Trainer Program		
Integrated Nutrition	3/5/12	- 3/9/12	Monday	Wednesday	Friday
			2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm
			Included with Diploma Personal Trainer Program		
Fitness Testing and Appraisal Clinic	1/9/12	- 1/20/12	Monday	Wednesday	Friday
Fitness Testing and Appraisal Clinic	3/12/12	- 3/23/12	2:00 pm 4:15 pm	2:00 pm 4:15 pm	2:00 pm 4:15 pm
Fitness Testing and Appraisal Clinic	5/7/12	- 5/18/12			
			Included with Diploma Personal Trainer Program		

Evening Session Clinics

	Start:	End:	Standard Meeting Days and Times:			
Joint Movements and Musculature	4/30/12	- 5/1/12	Monday	Tuesday		
			5:30 pm 9:15 pm	5:30 pm 9:15 pm		
			Included with Diploma Personal Trainer Program			
Integrated Nutrition	5/2/12	- 5/3/12		Wednesday	Thursday	
				5:30 pm 9:15 pm	5:30 pm 9:15 pm	
			Included with Diploma Personal Trainer Program			
Fitness Testing and Appraisal Clinic	5/7/12	- 5/10/12	Monday	Wednesday	Thursday	
			5:30 pm 10:00	5:30 pm 10:00 pm	5:30 pm 10:00	
			Included with Diploma Personal Trainer Program			

Saturday Session Clinics

	Start:	End:	Standard Meeting Days and Times:
Cardiorespiratory System + CPR	1/7/12	- 1/7/12	Saturday
Cardiorespiratory System + CPR	5/12/12	- 5/12/12	9:00 am 6:00 pm
			Included with Diploma Personal Trainer Program

2012 Winter and Spring Class Calendar

Applied Fitness Workshops

All-Day Saturday Workshops

Integrated Kickbox Training for Clients	Please visit afna.com for locations, dates, and registration.
Integrated Kettlebell Training for Clients	Please visit afna.com for locations, dates, and registration.
Assisted Client Stretching and PNF	Please visit afna.com for locations, dates, and registration.
Introduction to Yoga	Please visit afna.com for locations, dates, and registration.

All AFNA programs may be subject to schedule changes or cancellation. Please visit **afna.com** for the latest schedules and registration.

NOTES

About AFNA

General Information

Contact Information

The American Fitness and Nutrition Academy, Inc. is headquartered in Santa Barbara, California. To reach our Enrollment Department, or for any general business correspondence, please address us at:

AFNA
3905 State St, 7-214
Santa Barbara, CA 93105

Our main phone number for Enrollment and all business matters is (626) 782 -6200, or toll free (866) 564-2362. To send a fax, please dial (626) 782-6151. You may also obtain school information by wayof our website at afna.com.

AFNA of Pasadena Information

Classroom Address:
AFNA
230 S Lake Ave, Suite 4
Pasadena, CA 91101

Athletic Club Address:
Breakthru Fitness
345 S Lake Ave, 2nd Floor
Pasadena, CA 91101

AFNA of Santa Barbara Information

Classroom Address:
AFNA
115 W De La Guerra, Rear Bldg
Santa Barbara, CA 93101

Athletic Club Address:
Spectrum Athletic Clubs - Downtown
21 W Carrillo St
Santa Barbara, CA 93101

AFNA's Mission

The American Fitness and Nutrition Academy exists to educate and vocationally prepare a premiere workforce of fitness and nutrition practitioners, to support the employment efforts and business pursuits of its Diploma Alumni, and to advance the nationally critical priority of health and fitness awareness through industry outreach and community education activities.

Financial Aid and Consumer Loans

AFNA does not currently participate in any federal or state sponsored financial aid programs. AFNA offers flexible installment plans to help make the cost of our Academy Fitness and Nutrition Trainer Programsm affordable to as many prospective students as possible.

AFNA has entered into an agreement with Clark Health Financing, a private consumer loan servicing company. Clark specializes in matching the credit profiles of prospective applicants (and any co-signor parties) with low, fixed-interest rate loans that provide students with the option to make low monthly payments over time to finance their AFNA education. For more information about these loans, please call AFNA toll-free at (866) 564-2362, or contact Clark Health Financing directly at (888) 755-3079.

An important statement regarding loans: If a student elects to pay for their educational program by obtaining a loan, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund (if applicable). In the event that the student has received federal student financial aid funds, then the student may be entitled to a refund of course moneys paid (as per the terms of AFNA's Refund Policy) not paid from federal student financial aid program funds.

Eligibility Requirements

Participants in AFNA's Applied Fitness Workshops and Trainer Education clinics must be at least 18 years of age and of good character with a willingness to participate in courses that are designed to be participatory.

For Career Education Programs, including the Diploma in Advanced Fitness and Nutrition Training Program, the NASM-CPT Program, the NASM-CES Program, the NASM-PES Program, the Nutrition and Weight Management Specialist Program, and the Reigstered Yoga Teacher 200 Program, enrollees must be at least 18 years of age (or 17 years of age with guardian consent) and in possession of a high school diploma or equivalent. All students are expected to have a working command of the English language.

Attendance to the NASM-CES and NASM-PES program require previous completion of the AFNA Diploma in Advanced Fitness and Nutrition Training, the NASM-CPT, or an acceptable equivalent.

Applicants who meet the minimum age and English language requirements for Career Education Programs but who are not in possession of a high school diploma or equivalent may be qualified as ability-to-benefit students, as defined by the United States Department of Education. These applicants may still be eligible for AFNA enrollment provided that they achieve a benchmark score on an independently administered exam approved by the United States Department of Education, pursuant to Section 484/d of the federal Higher Education Act of 1965. A list of these approved exams is available from the United States Department of Education and, if an applicant so requests, AFNA may also provide assistance in identifying and scheduling the appropriate ability-to-benefit exam. The student may not enroll unless the student achieves a score, as specified by the United States Department of Education, demonstrating that the student may benefit from the education and training being offered.

Faculty

The quality of AFNA's Fitness and Nutrition Trainer Program begins and ends with our best-in-class instructors. Every AFNA instructor has undergone a rigorous employment screening process and has been well trained in the effective communication and application of our trademark four quarter curriculum. All AFNA instructors have earned bachelor degrees or greater and are certified with the industry's most advanced fitness instruction credentials. They also bring with them years of fitness industry experience - and wisdom - to pass on to AFNA students.

Nicholas Keeling, MS

Nick is AFNA's Academic Director and the Lead Instructor for our Pasadena location. He earned his Masters in Exercise Science and Health Promotion (focus on Injury Prevention and Performance Enhancement) from California University of Pennsylvania, and his Bachelor of Science in Kinesiology from Fresno State University. He is a Certified Strength and Conditioning Specialist through the NSCA, a Performance Enhancement Specialist through NASM, and a Health Fitness Instructor through the ACSM. Nick has been teaching fitness education courses for over a decade, and began his career as a fitness manager with Bally Total Fitness.

Lauren Stamper, BS

An instructor who shares her time with both our Pasadena and Santa Barbara locations, Lauren earned her Bachelor of Science in Food Science, Human Nutrition, and General Dietetics from Washington State University. She is a Diploma Graduate of the American Fitness and Nutrition Academy, and is also a Certified Personal Trainer through the ACSM. Lauren splits her time between AFNA and Spectrum Athletic Clubs, where she is a personal trainer.

Peter Parasiliti, BA

Peter in an instructor at our Pasadena location and earned his Bachelor of Arts in Sociology from the University of Vermont. He is a Certified Strength and Conditioning Specialist through the NSCA and, prior to joining AFNA, served as a fitness manager and master instructor/educator for Equinox Fitness and its in-house personal trainer education program, 'Equifit'. Peter continues his profession as a personal trainer through Plus One Fitness, a company that specializes in managing at-work fitness programs for corporate clients.

Tom Boland, BA

A Certified Strength and Conditioning Specialist through the NSCA and a former collegiate rower, Tom earned his Bachelor of Arts in International Economics from the University of Washington. He is also a Certified Personal Trainer through the ACSM. A fitness educator for over five years, Tom currently serves as Lead Instructor at our Santa Barbara location.

Facilities and Equipment

Each AFNA classroom is equipped with audiovisual presentation equipment to assist the instructor in effective delivery of the AFNA curriculum. Human anatomical models and displays are also featured to deepen student understanding of course content. Demonstration fitness equipment is similarly on hand and is utilized by instructor and student alike to better grasp concepts in human movement, exercise, and client program design.

In addition to our classrooms, AFNA has contracted with upper echelon fitness facilities in order to deliver to students who have opted to enroll in vocational components of our curriculum a practical and hands-on training environment. AFNA's partner fitness facilities are upscale, open to the public, equipped with clean and relaxing locker room and shower facilities, and staffed with professional personal trainers (some of whom are AFNA graduates!). Each facility maintains the very latest in superior resistance training machines, cable systems, and free weights, and offers a variety of exceptional group fitness classes. Extensive cardiovascular and performance athletics machines and systems are on site and available for student use and training. Students who partcipate in AFNA's Diploma Personal Trainer and/or PACT Program Design courses enjoy full membership privileges to their respective athletic club and may make use of the club during normal business hours, outside of scheduled AFNA coursework.

Other facilities: Restrooms are available at all classroom and fitness club locations. Classrooms also feature a kitchen area where students may store their daily meals in a refrigerator and/or heat meals in a microwave oven.

California Bureau for Private Postsecondary Education

AFNA is licensed by the California Bureau for Private Postsecondary Education (BPPE) and operates in compliance with the California Private Postsecondary Education Act of 2009. The AFNA Diploma in Advanced Fitness and Nutrition Training has been reviewed by the BPPE and approved for distribution to students who meet the Diploma requirements.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by this insitution may be directed to:

The Bureau for Private Postsecondary Education
Physical Address: 2535 Capitol Oaks Dr, Ste 400, Sacramento, CA 95833
Mailing Address: PO BOX 980818, West Sacramento, CA 95798-0818
Phone: (916) 431-6959 or toll free (888) 370-7589
Fax: (916) 263-1897
Website: http://www.bppe.ca.gov

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet website at http://www.bppe.ca.gov.

Student Tuition Recovery Fund

The State of California created the STRF to relieve or mitigate economic losses suffered by California residents who were students attending certain schools regulated by the Bureau for Private Postsecondary Education. You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following: 1. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materilas for which a charge was collected within 180 days before the closure of the school; 3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs; 4. There was a decline in the quality of the course of instruction within 30 days before the school closed or, if the decline began earlier than 30 days prior to closure, the period of decline determined by the Bureau; 5. An inability to collect on a judgment against the institution for a violation of the Act.

You must pay the state-imposed assessment for the STRF if all of the following applies to you: 1. You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans; and 2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies: 1. You are not a California resident; or 2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

School Financial Status

This institution does not have a pending petition in bankruptcy, nor is it operating as a debtor in possession, nor has it filed a petition within the preceding five years, nor has it had a petition of bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

Non-Discrimination Policy

In accordance with federal and state laws, the American Fitness and Nutrition Academy does not discriminate against any applicant on the basis of race, gender, age, physical disability, or sexual orientation.

School Holidays and Breaks

AFNA does not hold classes on the following: New Year's Day, Martin Luther King Jr. Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day (including the Wednesday preceding and Friday following), Christmas Week.

Additionally, the school will be closed in 2012 from April 23 - April 29, and again from August 20 - August 26.

Student Services

Housing

This institution does not provide any dormitory facilities.

Pasadena area housing and cost: Apartments and houses are available in the immediate vicinity of AFNA's Pasadena classroom, located at 230 south Lake Ave, Unit 4, Pasadena, CA 91101. Average cost for single-room housing within 5 miles of the Pasadena classroom: $600

Santa Barbara area housing and cost: Apartments and houses are available in the immediate vicinity of AFNA's Santa Barbara classroom, located at 115 1/2 West De La Guerra, Rear Building, Santa Barbara, CA 93101. Average cost for single-room housing within 5 miles of the Pasadena classroom: $600

The American Fitness and Nutrition Academy bears no responsibility to find or to assist in finding student housing.

Student Visa

The American Fitness and Nutrition Academy does not currently participate in the Student Exchange and Visitor Program (SEVP), as administed through the Department of Homeland Security. Accordingly, no Visa services are provided by this institution. English as a second language (ESL) classes are not available through this institution.

Student Records

All student records are stored electronically with the school's AFNADEX data management software, which is physically located on the school's leased mainframe computer server at 10222 S 80th Court, Palos Hills, IL 60465. Data on this server is backed up every 24 hours and is password protected. Real time grading access is provided to AFNA instructors. A student's final transcript / record of completion is certified by AFNA's Academic Director after which time it cannot be altered. Physical copies of student transcript and completion data are additionally maintained in locked file cabinets at the school location where the student completed their program. Student's may request copies of their transcripts and records of completion through AFNA's website at afna.com. Records shall be maintained for a period not less than five years following the student's completion of the AFNA program.

Credit Transfer

Experiential Credit Policy. AFNA does not award any experiential credit for any of its programs at this time.

Due to the highly integrated and vocationally specific framework of AFNA's curriculum, the school does not at this time recognize or admit coursework of an academic or vocational nature from any other educational institution. Accordingly, AFNA has not entered into an articulation or transfer of credit agreement with any other college, university, or vocational institute.

Please also note the following:

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT THIS INSTITUTION

The transferability of credits you earn at AFNA is at the complete discretion of the institution to which you may seek to transfer. Acceptance of the AFNA Diploma in Advanced Fitness and Nutrition Training is also at the complete discretion of the institution to which you may seek to transfer. If any coursework that you complete at AFNA is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting the institution to which you may seek to transfer after attending AFNA to determine if your coursework will transfer.

Enrollment Guidance and Orientation

Prospective students who would like to better orient themselves to the value of AFNA's programs, or who would like to tour our classroom and athletic facilities, or who would like to visit a class session in progress, may coordinate their requests through AFNA's orientation scheduling portal, available at http://www.afna.com. Students may also utilize this service to confirm their eligibility to enroll in AFNA programs.

Library and Reference Access

Each AFNA classroom maintains textbooks, DVDs, and other reference materials pertaining specifically to human health and nutrition, fitness training, and athletic performance. Additional materials are available on a variety of topics including how to construct effective resumes, write business plans, create sales and marketing campaigns, and form a business entity. AFNA students may review these materials in class, and may also "check out" materials for home review as permitted and documented by their AFNA instructor. Damage to an item or failure to return an item owned by AFNA will result in a fine commensurate to the replacement of that item.

Academic Counseling

Students who have trouble maintaining course completion requirements will be counseled, and arrangements will be made with the goal of remedying their difficulties. AFNA will make every reasonable and responsible effort to bring students into course compliance. Instructors may or may not be available for private tutoring sessions with students; in any event, such arrangements shall be made between the instructor and the student privately and do not involve the business of AFNA in any way.

Career Guidance and Job Placement Support

At course completion, students will be prepared to enter the occupation of Personal Fitness Trainer (Fitness and Nutrition Trainer). AFNA is committed to supporting graduates in their efforts to find fitness employment at fitness centers, commercial gyms, chiropractic offices, physical therapy offices, salons, spas, resorts, community centers, corporate settings, and more. AFNA's curriculum specifically addresses effective resume building, job interview protocol, client acquisition and retention, self promotion, and professional etiquette. For students who wish to engage in their own private training practice upon graduation, AFNA provides guidance and support for how such a business may successfully and responsibly commence operations.

AFNA cultivates and maintains beneficial relationships within the fitness community and strives to stay abreast of job opportunities that may be appropriate for its students. AFNA measures its success by the success of its graduates. It must be noted, however, that AFNA cannot promise or guarantee employment to anyone regardless of the job placement and career guidance support we provide.

Website and Social Media

Students may create a social networking profile and interact with their fellow students and instructors on the school's website at afna.com.

Policies and Procedures

Leave Of Absence Policy

Leave of Absence is available only to those students who are enrolled in Career Education Programs, such as the Diploma in Advanced Fitness and Nutrition Training Program, the NASM-CPT Program, the NASM-CES Program, the NASM-PES Program, the Nutrition and Weight Management Specialist Program, or the Reigstered Yoga Teacher 200 Program.

Any student who applies for a leave of absence must present a written statement to the school director for approval. Acceptable causes include personal human loss, lengthy illness, or catastrophic events. Provided that a student wishes to continue the course at a later date, all received course fees shall be held and applied in full at such future date (within one calendar year) that the student may resume studies where he or she left off. The original payment schedule agreed to in the Student Enrollment Agreement shall remain in force regardless of leave of absence, that is, payments shall remain due as originally agreed upon and not postponed in the context of the leave of absence period. If a refund is instead desired, AFNA's Refund Policy as explained herein shall apply. Requesting a refund shall, however, forfeit the student's right to resume studies at a later date. Instead, should they wish to return to AFNA, they would need to re-enroll for the full four quarter program. If a class or course program should have been retired or is otherwise permanently unavailable to the student at such time (or reasonably after) as they would seek to return, then the student shall at that time become elibigle to qualify for any refundable or qualified pro-rata refunds as outlined in the school's Refund Policy.

Withdrawal Policy

Withdrawal is available only to students attending one of AFNA's Career Education Programs, such as the Diploma in Advanced Fitness and Nutrition Training Program, the NASM-CPT Program, the NASM-CES Program, the NASM-PES Program, the Nutrition and Weight Management Specialist Program, or the Reigstered Yoga Teacher 200 Program. Any student who wishes to withdraw from any of these programs must present a written statement to the school director. If warranted, the student may be entitled to refunded monies as per the Refund Policy presented herein.

Dismissal Policy

Any student who is deemed poor in conduct (as established in this school catalog) by the instructor may be subject to dismissal following a verbal warning by the instructor and a written notice by the school director. A student may also be subject to dismissal if his or her class performance sinks to an irretrievably low level, that is, if satisfying the AFNA Diploma requirements becomes impossible. Dismissed students may or may not be entitled to a refund of monies paid, as per the Refund Policy presented herein.

Refund Policy

Certain workshops, clinics, and other educational products operate on the basis of minimum enrollments and, therefore, where these products are concerned, no refunds will be made following enrollment unless the selected workshop or clinic is cancelled by the school. These workshops and clinics are identified in the Program Pricing section of the School Catalog - and at registration - as being non-refundable.

If student is not accepted for enrollment for any AFNA program, all monies toward that enrollment shall be immediately refunded, less any material items labeled as non-refundable or materials items not returned in new condition within 15 days of their distribution.

For students enrolling in AFNA's Career Education Programs, which include the Diploma in Advanced Fitness and Nutrition Training Program, the NASM-CPT Program, the NASM-CES Program, the NASM-PES Program, the Nutrition and Weight Management Specialist Program, and the Reigstered Yoga Teacher 200 Program, refundable or qualified pro-rata fees will be refunded if student cancels enrollment following attendance of the first class session, or within seven days following enrollment, whichever is later. Prices and fees described as non-refundable shall not be refundable under any circumstances, except as in the case of the prospective student being denied enrollment and provided that the prospective student returns all material goods disstributed (if any) in new condition. Students who enroll in AFNA courses that are identified as Career Education Programs and who subsequently cancel enrollment on or following the second scheduled class, or after seven days following enrollment (whichever is greater), but within the first 75% of clock hours of the program, will be refunded all paid monies which are identified as refundable or qualified pro-rata on a prorated schedule (as applicable) per each single session of instruction increment, excluding non-refundable or used material items, and any and all incurred Fitness Facility membership and cancellation fees (as applicable), and the California state mandated Student Tuition Recovery Fee (as applicable). No refunds will be made to any student after 75% of clock hours of instruction has been completed. NOTE THAT IF THE STUDENT HAS RECEIVED FEDERAL STUDENT FINANCIAL AID FUNDS, THE STUDENT IS ENTITLED ONLY TO A REFUND OF MONEYS NOT PAID FROM FEDERAL STUDENT FINANCIAL AID FUNDS.

Students must notify the school director in writing of their intention to withdraw in order to be eligible for a qualified refund of paid monies. As warranted, refunds will be made to the student within forty-five (45) days of the director's receipt of written notice to withdraw.

Code of Conduct

Misconduct Policy

Misconduct is considered to be in conflict with the educational objectives of this school and thus subject to dismissal, with or without refund as qualified in AFNA's Refund Policy. Misconduct is cheating, forgery, plagiarism, furnishing false information, alteration of school documents, disruption or obstruction of teaching or administration, verbal or physical abuse of any person on school or fitness center premises, theft or damage to school premises and property or to the property of other students, and use of alcoholic beverages and/or illegal drugs on school property. Sexual misconduct or harassment of any kind will not be tolerated.

Fitness Readiness and Hygiene

Students are to arrive to class cleanly groomed and in clean, comfortable fitness-ready attire. Students must wear proper exercise attire and clean, well-supported gym shoes at all times. Uniform T-shirts may also be required to be worn by students when working out in the fitness center. Perfume or cologne should be avoided as it may irritate other AFNA participants.

Substance Use

Smoking, tobacco chewing, or any other illicit or carcinogenic substance use is not permitted on or around AFNA and/or fitness center premises at any time.

Student Rights, Acknowledgements, and Grievance

Class Size

AFNA limits the size of all its programs to 20 students or less to ensure beneficial interaction between instructors and students.

Students with Disabilities

AFNA does not discriminate on the basis of a student's disability as defined in the Americans with Disabilities Act (ADA) either in the enrollment process or following enrollment. AFNA's School Director is designated to assist students with disabilities in determining how to accommodate course enrollment and participation, as such may be determined as reasonably practical. Students are required to provide written verification of a disability and to consult with the School Director to develop a plan of reasonable accommodation upon enrollment in an AFNA program.

Grading Objection

Students who feel that their final course grade, or grade on a final examination, or grade on practical course requirements, or confirmation of completion was entered unfairly or in err, may schedule a private meeting with the responsible instructor to understand the grading decision or to discuss a resolution. Should no understanding or resolution be reached, the student may file the Performance Appeal Petition Form, which is available for download on the school's website (http://www.afna.com). This appeal form shall be reviewed by the school's Academic Director who will render a final decision on the matter within 30 business days.

Directory Information and Use of Student's Image

AFNA may release directory information, including the student's name, address(es), telephone number(s), current enrollment status, dates of attendance, course completion information, details about participation in officially recognized activities, and location of the school attended by the student. This information may be released to prospective employers, in media releases, and for any additional purposes approved by the school's administration. In addition, AFNA may use still or video images of the student, and recordings of the student's voice, in marketing and promotion campaigns specific to the school. The student may request that directory information be withheld, and/or that use of their still and video images, and of their recorded voice, be avoided, by notifying the School Director in writing.

Field Trips

Students are responsible for their own transportation to and from events scheduled outside of the classroom or fitness center environments. If a student is unable to attend an officially scheduled event, they may request from their instructor an alternative assignment that can award them the same number of course points they would otherwise have had the potential to earn (if any) for the event.

Grievance

AFNA's grievance policy aims to provide prompt resolution for any student who believes that a school decision or action has adversely affected his or her status, rights, or privileges. The student must first make a reasonable effort to resolve the issue on an informal basis. Should this effort fail, the student must compose a written complaint to the School Director and verify the School Director's receipt of the complaint. The School Director shall attempt to resolve the student's complaint wherever meritable and possible, and in as timely a fashion as possible but not later than 30 business days following verified submission of the complaint. This grievance policy does not in itself constrain a student's access to possible governmental or legal remedies pertaining to their complaint.

Class Catalog

Career Fitness Education

Program Title:

Diploma Personal Trainer Academy

Available Attendance Formats and Start Dates*:

Diploma Personal Trainer

This class meets on the following weekdays and times:

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am 4:30 pm	1:00 pm 4:30 pm	9:00 am 4:30 pm	1:00 pm 4:30 pm	9:00 am 4:30 pm

Includes NASM-CPT, PACT Client Training, and Nutrition

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 4/20/12
- Starts on: Mon, 2/27/12 Ends on: Fri, 6/22/12
- Starts on: Mon, 4/30/12 Ends on: Fri, 8/17/12

This class meets on the following weekdays and times:

Monday	Tuesday	Wednesday	Thursday
5:30 pm 9:45 pm	5:30 pm 9:45pm	5:30 pm 9:45 pm	5:30 pm 9:45 pm

Includes NASM-CPT, PACT Client Training, and Nutrition

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 4/20/12

Program Summary

Conveniently fulfill all the course requirements for AFNA's Diploma Personal Trainer credential by choosing the Diploma Personal Trainer Academy. By choosing the Day Academy, you'll graduate with the California-licensed Diploma in Advanced Fitness and Nutrition Training and the internationally recognized NASM Personal Trainer Certification in just four short months. Or select the Evening Academy option and graduate in eight months. All Academy members enjoy full club access to one of AFNA's beautiful athletic club affiliates for the duration of the program. Immerse yourself fully in an environment of fitness and personal training. Career clinic counseling and job placement support is also provided to all Academy participants.

The Academy Diploma Personal Trainer Program includes automatic enrollment in the following classes, education clinics, and applied fitness workshops.

- NASM Certified Personal Trainer (250 hrs)
- Nutrition and Weight Management Specialist (60 hrs)
- Joint Movements & Musculature Clinic and Review (15 hrs)
- Integrated Nutrition Clinic and Review (15 hrs)
- Fitness Testing & Health Appraisal and Review (30 hrs)
- Cardiorespiratory System + CPR/AED (9 hrs)
- PACT Program Design (hands-on training experience) (65 hours)
- Group Fitness Training Clinic and Review (16 hours)

OBJECTIVES

Graduate with California licensed Diploma in Advanced Fitness and Nutrition Training

NASM Certified Personal Trainer credential

Nutrition and Weight Management Specialist credential

Focused learning of anatomy, physiology, exercise science, nutrition science, program design, and the business of personal fitness training

Train individuals for fat loss, muscle gain hypertrophy, corrective exercise, and athletic performance

Learn to train special populations of clients such as youth, older adults, and childbearing

Acquire experience and confidence through design and execution of multiple trainer-client fitness sessions in an "on-the-job" atmosphere at commercial athletic club facility

Design, market, and execute group fitness session

Apply business promotion techniques to atract and retain fitness clients

Class Catalog

Career Fitness Education

Program Title:

NASM Certified Personal Trainer

Available Attendance Formats and Start Dates*:

NASM Certified Personal Trainer

This class meets on the following weekdays and times:

Monday	Wednesday	Friday
9:00 am 2:00 pm	9:00 am 2:00 pm	9:00 am 2:00 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 4/20/12
- Starts on: Mon, 2/27/12 Ends on: Fri, 6/22/12
- Starts on: Mon, 4/30/12 Ends on: Fri, 8/17/12

This class meets on the following weekdays and times:

Monday	Wednesday	Thursday
5:30 pm 8:30 pm	5:30 pm 8:30 pm	5:30 pm 8:30 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 4/20/12

Program Summary

Professionals with the NCCA-accredited National Academy of Sports Medicine Certified Personal Trainer Certification learn how to master:

Goal-specific program design for optimal results

Accurate assessment — from first-time health club members to high-performance athletes

Developing and modifying exercises in a safe and effective manner that is adaptable to any client

Combining the outstanding classroom-taught experience that AFNA is known for with the NASM Certified Personal Trainer credential opens up a new level of application and lasting retention of fundamental fitness training concepts.

The NASM-CPT is the current leader in Personal Trainer Certification and provides an outstanding curricular component to the American Fitness and Nutrition Academy Diploma Personal Trainer Program.

OBJECTIVES

- Concepts and Structures of Anatomy
- Subjective Fitness Assessments
- Exercise Technique and Training Instruction
- Fitness Program Design
- Training Special Populations
- Nutrition Considerations
- Client Relations and Behavioral Coaching
- Professional Development, Practice, and Responsibility

Class Catalog

Career Fitness Education

Program Title:

NASM Corrective Exercise Specialist

Available Attendance Formats and Start Dates*:

NASM Corrective Exercise Specialist

This class meets on the following weekdays and times:

Tuesday	Thursday
1:00 pm 4:30 pm	1:00 pm 4:30 pm

Available Enrollment Intervals*:

Starts on: Tue, 2/28/12 Ends on: Thu, 4/19/12

Prerequisite: AFNA Diploma or NASM-CPT

Program Summary

The NCCA-accredited National Academy of Sports Medicine Corrective Exercise Specialist (CES) credential is the preferred injury prevention and recovery credential of professional athletes and teams.

Gain recognition as an elite professional by expanding your human movement science knowledge and abilities. Develop injury prevention and recovery expertise to generate more revenue working with today's deconditioned population.

OBJECTIVES

- NASM Corrective Exercise Specialist credential
- Assess Human Movement Dysfunction
- Learn and Apply the Corrective Exercise Continuum
- Implement Corrective Exercise Strategies

Class Catalog

Career Fitness Education

Program Title:

PACT Client Training

Available Attendance Formats and Start Dates*:

PACT Client Training

This class meets on the following weekdays and times:

Monday	Wednesday	Friday
2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm

Other weekdays and times may (occasionally) apply.

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 2/17/12
- Starts on: Mon, 2/27/12 Ends on: Fri, 4/20/12
- Starts on: Mon, 4/30/12 Ends on: Fri, 6/15/12

This class meets on the following weekdays and times:

Monday	Wednesday	Thursday
8:30 pm 9:45pm	8:30 pm 9:45pm	8:30 pm 9:45pm

First 2 weeks: Attendance from 5:30pm - 10:00pm M,T,W,Th

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 2/17/12

Program Summary

This highly praised practical component of the AFNA curriculum provides trainers with multiple hands-on client training experience sessions at one of our beautiful, upscale athletic club affiliates, all under the proctor supervision of an expert trainer AFNA instructor. PACT stands for Purpose Activated Composition Training, and encompasses a complete approach to the client training experience. This includes the initial client interview, PAR-Q and fitness level/risk appraisal, the "pitch" or demonstration workout, periodized program design (application of NASM's OPT Model), integrated nutrition guidance, fitness testing and benchmark setting, and a total of 20 one-hour training session on the floor - 10 in the role of trainer and 10 in the role of client. Business management considerations are also emphasized, including collecting fees from clients, tracking sessions, and providing add-on "touches" to help drive client retention. Students learn to train clients for fat loss, muscle gain, athletic performance, and injury prevention and recovery drawing relevant direction from the NASM OPT Model, NSCA strength and conditioning guidelines, ACSM risk stratification, and more.

The PACT Client Training Program includes automatic enrollment in the following education clinics:

- Joint Movements & Musculature Clinic (7.5 hrs)
- Integrated Nutrition Clinic (7.5 hrs)
- Fitness Testing & Health Appraisal (15 hrs)

OBJECTIVES

Create goal-oriented workout cycles based on periodized program design foundations, the NASM OPT model, NSCA strength and conditioning principles, and ACSM client risk appraisal

Develop skill with body fat skinfold calipers, manual blood pressure kit, accurate weight and circumferential measurements, and more

Practice fitness testing for VO2Max assessment, heart rate recovery, muscular strength and endurance, and agility

Practice basic and expert (PNF) client stretching techniques

Build confidence on the floor by training 10 full one-hour client sessions in uniform at upscale commercial athletic club

Learn client retention techniques

Focus on personal fitness goals as the recipient of personal training from other class participants and under the supervision of AFNA instructors

Class Catalog

Career Fitness Education

Program Title:

Registered Yoga Teacher

Available Attendance Formats and Start Dates*:

This class meets on the following weekdays and times:

Tuesday	Thursday
9:00 am 1:00 pm	9:00 am 1:00 pm

Note: Other weekdays and times occasionally req'd.

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 4/19/12
- Starts on: Tue, 2/28/12 Ends on: Thu, 6/21/12
- Starts on: Tue, 5/1/12 Ends on: Thu, 8/16/12

Program Summary

Structured through the Yoga Alliance, this 200-hour combination academic and practical course prepares the student to become employed as a Yoga Teacher in any of a variety of disciplined techniques.

Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques, emphasizing analytical training in how to teach and practice the techniques along with guided practice of the techniques themselves.

Additionally establishes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.

Human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.) are added components of study, and apply specifically to principles of yoga practice (benefits, contraindications, healthy movement patterns, etc).

Yoga philosophies, yoga lifestyle and ethics for yoga teachers rounds out the program.

Unique to the Registered Yoga Teacher program at the American Fitness and Nutrition Academy, participants also attend clinics in musculoskeletal anatomy and integrative nutrition.

OBJECTIVES

- Fulfill requirements to obtain the Registered Yoga Teacher (200-hour) credential as created by the Yoga Alliance
- Learn and apply the science and philosophy of yoga in a practical training environment
- Participate in dozens of hours of applied yoga classes and develop hands-on confidence in the profession
- Understand requirements for employment in a yoga practice / business

Class Catalog

Career Fitness Education

Program Title:

Nutrition and Weight Management Specialist

Available Attendance Formats and Start Dates*:

Certified Nutrition Specialist

This class meets on the following weekdays and times:

Tuesday	Thursday
1:00 pm 4:30 pm	1:00 pm 4:30 pm

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 2/23/12
- Starts on: Tue, 5/1/12 Ends on: Thu, 6/21/12

Included with Diploma Personal Trainer Program

This class meets on the following weekdays and times:

Tuesday
5:30 pm 9:30 pm

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 2/23/12

Included with Diploma Personal Trainer Program

Program Summary

This certifcate course is designed to expand the fitness trainer's scope of practice to include fundamental client nutrition guidance and counseling.

From a scientific curriculum, participants learn about macronutrients, micronutrients, hydration, and more, and frame this knowledge into acceptable definitions of optimal and balanced diets. Many varieties of diets are explored, including plant-based and vegan-diets, with attention given to some of the more popular published diet regimens which may or may not be beneficial to the client's stated fitness goal.

Students learn to create customized metabolic calorie plans based on client body composition, basal metabolic rate, occupational and exercise calories, the thermic effect of food, and the time-to-goal, confirming that client goals are both safe and feasible. Frequent, hands-on use of skinfold calipers to estimate body fat percentage is incorporated into the class. Adjusting calories for fat loss, or for hypertrophy muscle gain, or for athletic performance will be well understood by the student, as will more advanced performance nutrition concepts such as carb-loading, protein-loading, pre- and post-workout nutrient/calorie consumption, and more.

Finally, addiitional client services to offer, such as providing sample meal plans, grocery lists, and more, will be highlighed as a means to generate additional revenue for the fitness trainer.

OBJECTIVES

- Understand macronutrients, micronutrients, and hydration, and recognize valid definitions of a balanced diet
- Provide objective guidance and counseling that correlates with credible, highly researched nutritional data
- Use skinfold calipers to assess body composition
- Create metabolic calorie plans based on basal metabolic rate, activity, and thermic effect of food
- Implement nutrition strategies designed to enhance athletic performance goals
- Understand performance enhancing supplements and drugs along legal, ethical, and efficacy lines
- Identify scope of practice limitations and learn to interface with physicians and registered dieticians

Class Catalog

Trainer Education Clinics

Program Title:

Integrated Nutrition

Available Attendance Formats and Start Dates*:

Integrated Nutrition

This class meets on the following weekdays and times:

Tuesday	Thursday
1:00 pm 4:30 pm	1:00 pm 4:30 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 1/5/12
- Starts on: Tue, 5/1/12 Ends on: Thu, 5/3/12

This class meets on the following weekdays and times:

Monday	Wednesday	Friday
2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 1/5/12

Integrated Nutrition

This class meets on the following weekdays and times:

Wednesday	Thursday
5:30 pm 9:15 pm	5:30 pm 9:15 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Tue, 1/3/12 Ends on: Thu, 1/5/12

Program Summary

This clinic reinforces the important role of nutrition with regard to boh body composition and athletic performance goals. Techniques are discussed to make client nutrition a topic of conversation at each training session. Also provided is a general overview of what is considered to be optimal nutrition, concerns about supplementation, and scope of practice limitations.

OBJECTIVES

Learn to effectively integrate nutrition goals into client fitness programs

Understand what constitutes a "balanced" diet

Explore controversies surrounding certain diets and supplements; learn to objectively discuss with your clients

Identify scope of practice limitations when discussing nutrition with your clients and find out how to build referral networks with physicians and registered dieticians.

Class Catalog

Trainer Education Clinics

Program Title:

Joint Movements and Musculature

Available Attendance Formats and Start Dates*:

Joint Movements and Musculature Clinic

This class meets on the following weekdays and times:

Monday	Wednesday	Friday
2:00 pm 4:30 pm	2:00 pm 4:30 pm	2:00 pm 4:30 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 1/6/12
- Starts on: Mon, 2/27/12 Ends on: Fri, 3/2/12
- Starts on: Mon, 4/30/12 Ends on: Fri, 5/4/12

This class meets on the following weekdays and times:

Monday	Tuesday
5:30 pm 9:15 pm	5:30 pm 9:15 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/2/12 Ends on: Fri, 1/6/12

Program Summary

This clinic instructs the participant in the key anatomical features of the human musculoskeletal system, including the major bones, joint structures, cardinal planes of movement, and common single-plane and multi-plane joint movements with correlating exercises. Muscular anatomy is also addressed as pertains to the origin, insertion, and action of muscle, and learning techniques are introduced to maximize the participant's retention of joint movements and musculature.

OBJECTIVES

Learn the major bones and anatomical features of the human skeleton

Identify key joint structures

Identify the cardinal planes of movement (sagittal, frontal, transverse)

Recognize joint movements within each corresponding plane and identify the musculature responsible for the movement

Class Catalog

Trainer Education Clinics

Program Title:

Client Fitness Testing and Risk Appraisal

Available Attendance Formats and Start Dates*:

Fitness Testing and Appraisal Clinic (Day)

This class meets on the following weekdays and times:

Monday	Wednesday	Friday
2:00 pm 4:15 pm	2:00 pm 4:15 pm	2:00 pm 4:15 pm

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/9/12 Ends on: Fri, 1/20/12
- Starts on: Mon, 3/12/12 Ends on: Fri, 3/23/12
- Starts on: Mon, 5/7/12 Ends on: Fri, 5/18/12

This class meets on the following weekdays and times:

Monday	Wednesday	Thursday
5:30 pm 10:00	5:30 pm 10:00 pm	5:30 pm 10:00

Included with Diploma Personal Trainer Program

Available Enrollment Intervals*:

- Starts on: Mon, 1/9/12 Ends on: Fri, 1/20/12

Program Summary

Participants learn and practice valid physiological and body composition assessment procedures such as taking blood pressure with a manual kit, estimating body fat composition through correct use of skinfold calipers, recording circumferential measurements and ratios, caluclating the Body Mass Index, and more. Fitness floor testing techniques for client cardiovascular VO2max, heart rate recovery, range of motion and flexibility, muscular strength, and muscular endurance are also taught and practiced. Finally, the participant will learn the industry standard Exercise Risk Stratification System and the Eight Cardiovascular Risk Factors to Exercise as established by the American College of Sports Medicine (ACSM).

OBJECTIVES

Learn and practice manual blood pressure, skinfold body fat estimation, circumferential measurements and ratios, Body Mass Index, and more

Learn and practice industry-standard testing for cardiovascular performance and health, flexibility, strength, and muscular endurance

Learn and apply ACSM's Exercise Risk Stratification System and the Eight Cardiovascular Risk Factors to Exercise

Class Catalog

Trainer Education Clinics

Program Title:

Cardiorespiratory System and CPR / AED

Available Attendance Formats and Start Dates*:

Cardiorespiratory System + CPR

This class meets on the following weekdays and times:

Saturday

9:00 am
6:00 pm

Available Enrollment Intervals*:

- Starts on: Sat, 1/7/12 Ends on: Sat, 1/7/12
- Starts on: Sat, 5/12/12 Ends on: Sat, 5/12/12

Included with Diploma Personal Trainer Program

Program Summary

More than just CPR and AED credentialing (which is included and provided through the American Heart Association), this clinic comprehensively explores the anatomy and function of both the pulmonary and cardiovascular systems. Common and more serious ailments, frequently prescribed medications, and questions of adaptation and performance are additionally discussed to ensure that the fitness trainer has a good understanding of how these may be relevant to his or her population of clients.

OBJECTIVES

- Learn the anatomy and function of both the pulmonary and cardiovascular systems
- Identify common and more serious ailments that may afflict these systems
- Recognize frequently prescribed cardiovascular and pulmonary medications
- Receive credentials through the American Heart Association for cardiopulmonary rescusitation (CPR) and automated external defibrillator (AED)

Class Catalog

Applied Fitness Workshops

Program Title:

Integrated Kickbox Training for Clients

Please visit **afna.com** for the latest Applied Fitness Worshop schedules!

Program Summary

This active participation fitness workshop instructs the career trainer in the application of kickboxing movements and intensities, and establishes how to safely integrate these into a responsible and effective client program.

OBJECTIVES

Through completion of this workshop, the participant will be able to perform and instruct:
- Focus mitt training
- Thai pad training
- Basic punches / kicks
- Punch - kick combinations
- Hand wrapping
- Footwork
- Integrated program design
- Marketing tools
- And more!

Program Title:

Integrated Kettlebell Training for Clients

Please visit **afna.com** for the latest Applied Fitness Worshop schedules!

Program Summary

This active participation fitness workshop instructs the career trainer in the application of kettlebell movements and intensities, and establishes how to safely integrate these into a responsible and effective client program.

OBJECTIVES

Through completion of this workshop, the participant will be able to perform and instruct:
- Basic kettlebell exercises
- Swings
- Press and snatch
- Turkish get-up
- Integrated program design
- Marketing tools
- And more!

Class Catalog

Applied Fitness Workshops

Program Title:

Assisted Client Stretching and PNF

Please visit **afna.com** for the latest Applied Fitness Worshop schedules!

Program Summary

This active participation workshop instructs the career trainer in the application of the latest and most dynamically effective assisted stretching techniques, and places particular emphasis on the benefits of proprioceptive neuromuscular facilitation (PNF).

OBJECTIVES

Through completion of this workshop, the participant will be able to perform and instruct:
- Basic assisted stretches
- Advanced assisted stretches
- Proprioceptive Neuromuscular Facilitation (PNF)
- Myofascial release
- Integrated program design
- Marketing tools
- And more!

Program Title:

Introduction to Yoga

Please visit **afna.com** for the latest Applied Fitness Worshop schedules!

Program Summary

This active participation workshop instructs the career trainer in the fundamentals of yoga trraining, its benefits to an overall resistance training and fitness program, itsvarious styles and popularity among prospective clientele, and its solid future in the fitness industry.

OBJECTIVES

Through completion of this workshop, the participant will be able to perform and instruct:
- Basic yoga positions
- Some advanced yoga positions
- History of yoga and popular traditions
- Breath and meditation
- Flexibility and strength through yoga
- Integrated program design
- Marketing tools
- And more!

Program Pricing

Career Fitness Education

Diploma Personal Trainer Academy

Approx. Clock Hours: 460

Program Price Components	Type	Per Item Price	Total
AFNA Trainer Kit[1]	Refundable	1 x $150.50	$150.50
NASM Materials[2]	Non-refundable	1 x $419	$419.00
Certified Personal Trainer Classroom Instruction	Qualified Pro-Rata	1 x $2130	$2130.00
Nutrition and Metabolic Planning Classroom	Qualified Pro-Rata	1 x $1104	$1104.00
Practical Client Training Instruction (at fitness club)	Qualified Pro-Rata	2 x $600	$1200.00
Cardiorespiratory System Clinic with CPR/AED	Non-refundable	1 x $349	$349.00
Joint Movements and Musculature Clinic	Qualified Pro-Rata	1 x $249	$249.00
Integrated Nutrition Clinic	Qualified Pro-Rata	1 x $179	$179.00
Client Fitness Testing and Health Appraisal Clinic	Qualified Pro-Rata	1 x $497	$497.00
AFNA Logo Training Polos	Non-refundable	2 x $25	$50.00
AFNA Logo Workout T-Shirts	Non-refundable	2 x $15	$30.00
Athletic Club Membership (four months)[3]	Qualified Pro-Rata	1 x $260	$260.00
NASM-CPT Examination Fee[4]	Refundable	1 x $300	$300.00
CA State Tuition Recovery Fund[5]	Non-refundable	1 x $17.50	$17.50

Total Current Program Price: $6,935.00[3]

This program is eligible for installment payments. Minimum to enroll is: $2358 (34%)

[1]This item is only refundable if returned in complete and new condition, and within 15 days of receiving. AFNA Trainer Kit includes: AFNA logo sport duffel bag, AFNA logo curriculum binder, Sieg and Adams 5th Edition Musculoskeletal Anatomy Textbook, muscle anatomy flash cards, AFNA logo skinfold caliper, AFNA logo measuring tape, and manual blood pressure kit.

[2]These materials are ordered upon enrollment directly from the National Academy of Sports Medicine and are non-refundable. NASM materials include: Latest edition NASM Essentials of Personal Fitness Training Textbook, NASM-CPT Study Guide, NASM-CPT Online Content, NASM-CPT iPod and MP3 downloads, and the NASM Student Kit.

[3]Evening Academy participants are required to add $260 for an additional four months of athletic club membership. This fee may or may not be pro-rata refundable because it is subject to club cancellation requirements.

[4]This item may be refundable, but only if student does not complete the program. Fee includes: NASM-CPT online practice examination and NASM-CPT proctored examination.

[5]You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you: 1. You are a student who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans; and 2. Your total charges are not paid by any third-party payer such as an employer, government program, or other payer unless you have a separate agreement to repay the third party.
You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies: 1. You are not a California resident; or 2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

Program Pricing

Career Fitness Education

NASM Certified Personal Trainer

Approx. Clock Hours: 250

Program Price Components	Type	Per Item Price	Total
NASM Materials[1]	Non-refundable	1 x $419	$419.00
Certified Personal Trainer Classroom Instruction	Qualified Pro-Rata	1 x $2130	$2130.00
NASM-CPT Examination Fee[2]	Refundable	1 x $300	$300.00

Total Current Program Price: $2,849.00

[1]These materials are ordered upon enrollment directly from the National Academy of Sports Medicine and are non-refundable. NASM materials include: Latest edition NASM Essentials of Personal Fitness Training Textbook, NASM-CPT Study Guide, NASM-CPT Online Content, NASM-CPT iPod and MP3 downloads, and the NASM Student Kit.

[2]This item may be refundable, but only if student does not complete the program. Fee includes: NASM-CPT online practice examination and NASM-CPT proctored examination.

NASM Corrective Exercise Specialist

Approx. Clock Hours: 60

Program Price Components	Type	Per Item Price	Total
NASM-CES Course Materials[1]	Non-refundable	1 x $419	$419.00
Corrective Exercise Specialist Classroom Instruction	Qualified Pro-Rata	1 x $1400	$1400.00
NASM-CES Examination Fee	Refundable	1 x $300	$300.00

Total Current Program Price: $2,119.00

[1]These materials are ordered upon enrollment directly from the National Academy of Sports Medicine and are non-refundable. NASM materials include: Latest edition NASM Essentials of Corrective Exercise Training Training Textbook, NASM-CES Study Guide, NASM-CES online lectures, video presentations, interactive quizzes, online exercise library and case studies, NASM-CES iPod downloads, and the NASM Student Kit.

Nutrition and Weight Management Specialist

Approx. Clock Hours: 60

Program Price Components	Type	Per Item Price	Total
Course Materials	Non-refundable	1 x $285	$285.00
Nutrition and Metabolic Planning Classroom	Qualified Pro-Rata	1 x $1104	$1104.00

Total Current Program Price: $1,389.00

Program Pricing

Career Fitness Education

PACT Client Training

Program Price Components	Type	Per Item Price	Total
Course Materials	Non-refundable	1 x $25	$25.00
AFNA Logo Training Polos	Non-refundable	2 x $25	$50.00
AFNA Logo Workout T-Shirts	Non-refundable	2 x $15	$30.00
Joint Movements and Musculature Clinic	Qualified Pro-Rata	1 x $249	$249.00
Integrated Nutrition Clinic	Qualified Pro-Rata	1 x $179	$179.00
Client Fitness Testing and Health Appraisal Clinic	Qualified Pro-Rata	1 x $497	$497.00
Practical Client Training Instruction (at fitness club)	Qualified Pro-Rata	1 x $600	$600.00
Athletic Club Membership (one month)[1]	Non-refundable	1 x $65	$65.00

Total Current Program Price: $1,695.00

[1]Evening Academy participants are required to add $65 for an additional one month of athletic club membership.

Registered Yoga Teacher

Approx. Clock Hours: 200

Program Price Components	Type	Per Item Price	Total
Course Materials	Non-refundable	1 x $150	$150.00
Joint Movements and Musculature Clinic	Non-refundable	1 x $249	$249.00
Integrated Nutrition Clinic	Non-refundable	1 x $179	$179.00
Registered Yoga Teacher Studio Instruction	Qualified Pro-Rata	1 x $1800	$1800.00
Yoga Class Attendance (in studio)	Qualified Pro-Rata	1 x $320	$320.00
External Yoga Class Attendance[1]	Non-refundable		$0.00

Total Current Program Price: $2,698.00

[1]The Registered Yoga Teacher 200 Program requires the participant to complete 30 hours of attendance at various (local) Yoga programs practicing a diversity of yoga traditions. Cost to attend these classes varies widely and is contingent on student preference. Accordingly, this cost is to be born directly by the participant.

Program Pricing

Trainer Education Clinics

Cardiorespiratory System and CPR / AED

Approx. Clock Hours: 9

Program Price Components	Type	Per Item Price	Total
Cardiorespiratory System Clinic with CPR/AED[1]	Non-refundable	1 x $349	$349.00

Total Current Program Price: $349.00

[1]This class features cardiovascular and respiratory system anatomy and function followed by CPR/AED training and credentialing through the American Heart Association.

Client Fitness Testing and Risk Appraisal

Approx. Clock Hours: 15

Program Price Components	Type	Per Item Price	Total
Client Fitness Testing and Health Appraisal Clinic	Non-refundable	1 x $497	$497.00

Total Current Program Price: $497.00

Integrated Nutrition

Approx. Clock Hours: 7.5

Program Price Components	Type	Per Item Price	Total
Integrated Nutrition Clinic	Non-refundable	1 x $179	$179.00

Total Current Program Price: $179.00

Joint Movements and Musculature

Approx. Clock Hours: 7.5

Program Price Components	Type	Per Item Price	Total
Joint Movements and Musculature Clinic	Non-refundable	1 x $249	$249.00

Total Current Program Price: $249.00

Program Pricing

Applied Fitness Workshops

Assisted Client Stretching and PNF

Approx. Clock Hours: 8

Program Price Components	Type	Per Item Price	Total
Assisted Client Stretching and PNF Workshop	Non-refundable	1 x $189	$189.00

Total Current Program Price: $189.00

Integrated Kettlebell Training for Clients

Approx. Clock Hours: 8

Program Price Components	Type	Per Item Price	Total
Integrated Kettlebell Training Workshop	Non-refundable	1 x $189	$189.00

Total Current Program Price: $189.00

Integrated Kickbox Training for Clients

Approx. Clock Hours: 8

Program Price Components	Type	Per Item Price	Total
Integrated Kickbox Training Workshop	Non-refundable	1 x $189	$189.00

Total Current Program Price: $189.00

Introduction to Yoga

Approx. Clock Hours: 8

Program Price Components	Type	Per Item Price	Total
Integrated Yoga Training Workshop	Non-refundable	1 x $189	$189.00

Total Current Program Price: $189.00

Program Pricing

Applied Fitness Workshops

Please call (866) 564-2362 to Register

or go online to **afna.com**