

NUTRITION & HEALTH PROMOTION - PERSONAL TRAINER

INTERNATIONAL MINOR

INFORMATION FOR EXCHANGE STUDENTS



NUTRITION & HEALTH PROMOTION - PERSONAL TRAINER

INTERNATIONAL MINOR (30 ECTS)

IN THIS MINOR YOU WILL BE TRAINED TO GIVE EXPERT ADVICE AS A FITNESS GUIDE AND AS A PERSONAL TRAINER. THE MAIN PURPOSE IS TO DEVELOP AND ADJUST AN APPROPRIATE TRAINING SCHEDULE ON AN INDIVIDUAL BASIS TO ENHANCE ONE OR MORE PERFORMANCE FACTORS. THE MINOR WILL LEAD UP TO A CERTIFIED PERSONAL TRAINER CERTIFICATE OF THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION OF AMERICA (NSCA).

FOR WHOM?

As a (future) health professional you might already be accustomed to give advice about a healthy lifestyle, human movement or nutrition. This minor will give you more insight how an exercise advice is optimally tuned to the capabilities of your client and how you can assist as a personal trainer.

LEARNING OUTCOMES

You will learn all the skills you need as a personal trainer; from the musculoskeletal system to motivational strategies and from training skills to medical issues such as obesity and diabetes in conjunction with training. The main learning outcomes of this minor are:

- ▶ to develop or adjust an appropriate training schedule on an individual basis to enhance one or more performance factors like maximal strength, muscle endurance or muscle hypertrophy;
- ▶ to take into account illness / complaints from clients with specific needs (e.g. obesity, diabetes, high blood pressure, joint problems);
- ▶ to guide clients in a motivational and professional manner;
- ▶ to set up and lead small group training (4-10) for certain performance determining factors like strength and endurance (aimed at children, adolescents and/or the elderly).

PROGRAMME OUTLINE

This minor is taught in English and consists of 30 ECTS. The first seven weeks you will get theory and practical skills lessons about training, after which you will apply this knowledge during a 15 weeks internship (approx. 3 days per week). The theory is based upon the book NSCA's Essentials of Personal Training.

Want to know more? [Read the FAQ about the minor Certified Personal Trainer.](#)

METHODS OF ASSESSMENT

- ▶ Midterm exam: 5 ECTS
- ▶ Internship: 15 ECTS
- ▶ Final NSCA-CPT exam: 10 ECTS

The theory incorporated during classes prepares you for the NSCA-CPT exam. The midterm exam is conducted at the end of the first part of this minor. The test consists of \pm 30 multiple choice questions (computer-based) and \pm 20 open questions about the topics covered during the lectures.

Main topics are:

- ▶ becoming a successful Personal Trainer
- ▶ designing exercise programmes
- ▶ initial consultation and assessments
- ▶ exercise sciences, part 1
- ▶ exercise techniques, part 1

COSTS

- ▶ Book: \pm €75,-
- ▶ Medic First Aid (MFA) course: \pm €65,-
- ▶ NSCA student membership (\pm €65,-) and exam (\pm €300,-)

As a student you have to become a member of the NSCA in order to get access to their database and to sit for the NSCA-CPT exam.

STUDY PERIODS

The minor runs twice a year:

- ▶ semester 1 (September – January)
- ▶ semester 2 (February - June)

ADMISSION REQUIREMENTS

You are expected to live a healthy lifestyle, be familiar with exercise or training and be comfortable in sport scenes in general and in particular the fitness scene. In addition you are expected to have affinity towards coaching of clientele.

Because this minor is taught in English, it is important you have strong written and verbal English skills (equivalent to IELTS 6.0 or TOEFL IB 80 and European level B2). You are unlikely to pass the exams or obtain the necessary credits if you do not meet this level.

APPLY*

If you are a student from a partner university, please contact the International Office of your home university. The International Office has to send us your official nomination by the 1st of April for semester 1 and by the 1st of October for semester 2.

The application deadline for this minor is the 1st of May for semester 1 and the 1st of November for semester 2. More information on how to apply: amsterdamuas.com/exchange-sn.

* HvA/AUAS students can find more information on how to apply on amsterdamuas.com/minors. Students from other Dutch universities can enrol via kiesopmaat.nl.

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EXCHANGE-SN





PRACTICAL MATTERS

For information about housing, cost of living and other practical matters, visit: amsterdamuas.com/education/practical-matters.

AUAS

The Amsterdam University of Applied Sciences (AUAS), is dedicated to providing professional, innovative and international education to its students. It is one of Netherlands largest institutions for higher education. Its practice-based teaching gives you a solid foundation on which to build your future career. The minor Nutrition and Health Promotion - Personal Trainer is provided by the Faculty of Sports and Nutrition as part of the degree programme Nutrition and Dietetics.

AMSTERDAM UNIVERSITY OF APPLIED SCIENCES

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