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Congratulations on your foresight!

to achieve your greatest ambitions. You can enter the high paying world of the Fitness Professional. You can become a Degreed Fitness Trainer and/or a Medical Fitness Specialist.

You have given yourself a tremendous opportunity! Right now, as you read my message, you hold in your hands a career opportunity that will transform your life. You have in your power

As you read through this information, you must realize that you stand at a crossroad. At any moment you can put this down and never consider the dramatic improvements this program can mean to you.

But read on!

"Time is our most valuable asset, yet we tend to waste it, kill it, spend it, rather than invest it." - Jim Rohn

You are not wasting your time in considering the Fitness Industry! Nor will you be killing time when you begin to INVEST your precious time in a course of study here at The Fitness Institute of Technology to become a Degreed Fitness Trainer and/or Medical Fitness Specialist! You will soon learn that your time invested HERE will be the wisest investment you have ever made.

"The Successful Person has the habit of doing things the failures don't like to do. They don't like doing them either, necessarily. But their disliking is subordinate to the strength of their purpose." - E.M. Gray

Here are the facts you need to be aware of:

Fitness Training is considered by virtually all career advisors to be in the Top 10 most growing careers of the future. Most put it in the TOP 5!

Personal Trainers without degrees command prices of \$65... \$75... \$100... \$125... \$150 a hour or more for taking a client through a training session, with the best trainers making much, much, more!

There are very few, if any, other careers that can match the high level of job satisfaction derived from the knowledge that you are helping people live healthier, happier, and fitter lives.

There are very few, if any, careers that can match the beautiful workplace of an elegant health club, country club, resort, vacation villa, or cruise ship.

There are very few, if any, careers that can match the wonderful, caring people you will have to work with.

There are very few, if any, careers that give you the freedom to set your own hours and work at your own pace.

There are very few, if any, careers that enable you to seek your own independent opportunity to be your own boss, to dream, to build, and to succeed.

There are very few, if any, careers that enable you to enjoy the benefits of your creations and the unbridled thrill of fulfillment.

There are very few, if any, careers that enable you to become so very highly compensated-- financially, mentally, emotionally, professionally, spiritually, and with the profound knowledge that you have made the world better—by helping your clients improve themselves physically, and as a result improve themselves financially, mentally, emotionally, professionally, and spiritually.

"The first step to becoming...is to will it!" - Mother Theresa

You may not have had many lucky breaks in your life, but your finding this program is a lucky break. You may not feel that you have come anywhere close to your potential in life, but this program can help you achieve your potential. You may have been in a quandary on the question of your destiny, but this program can provide you the knowledge, skill, and training you need to fulfill your destiny!

"When the archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim - improve yourself." - Anonymous

Why has The Fitness Institute of Technology and the IFPA decided to work together? The IFPA has certified nearly 70,000 Fitness Professionals between 1994 and 2005, providing the very best education and training the Fitness Industry has to offer. The IFPA has earned our reputation because we have the best Faculty Instructors in the world and most importantly, because we have the most PRACTICAL programs in the world. And that is our SECRET! PRACTICAL! While everyone else is using academicians to put together their theoretical programs, the IFPA searches for advanced degreed (M.D., D.O., D.C.M., N.D., Ph.D., M.S.) educators that have extensive PRACTICAL EXPERIENCE and a BURNING DESIRE to pass on their WEALTH of KNOWLEDGE to those who have a BURNING DESIRE to learn the SECRETS of PRACTICAL EXPERIENCE!

"Too many of us are not living our dreams because we are living our fears." - Les Brown

Let go of your fears! Take this opportunity to grasp your dreams with both hands and don't let go! The program you will embark on will teach you everything you need to know to train people, young and old, male and female, healthy and NOT! You will learn to train them safely and effectively! You will learn a "SCOPE OF PRACTICE" far beyond that being practiced in the Fitness Industry today. The standards in the Fitness Industry have always been too low. That is the reason why only 8% of the American population goes to a gym or works out! That's right! ONLY 8%; 92% of the American population does not exercise enough to gain any health benefits! That is the reason for our Obesity Epidemic, our Diabetes Epidemic, and our Cancer Epidemic! That is the reason for this message to you!

The IFPA has poured all of our knowledge, experience, time, effort, and energy into this program - preparing to pour it into you!

Because if you don't take up this call, if you don't join us in our War Against Obesity, 50% of all American school-age children will be obese by 2010, and 70% of all Adult Americans will be obese by 2012!

"Knowledge of any kind... brings about a change in awareness from where it is possible to create new realities." - Deepak Chopra

You have it in your power not only to change your destiny, but the destiny of America. July 4th, 2006 marked the 230th birthday of America, the Greatest NATION on Earth! Will you decide to join the fight to save our NATION, our citizens, our Children—Or Not?

"You see things and you say, "WHY?" But I dream things that never were, and I say... "WHY NOT?" - George Bernard Shaw
You stand at a crossroad!

Which road will you take?

I sincerely hope you travel our road and together with all of us here at the IFPA, we will make our world a better place!

"This is the true joy in life; the being used for a purpose, recognized by yourself as mighty one; the being a force of Nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live.

I rejoice in life for its own sake. Life is no 'brief candle' to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

- George Bernard Shaw

Best regards,

Jim Bell, Ph.D.

President, F.I.T.

The mission of The Fitness Institute of Technology is to provide the most extensive knowledge, training, and skill to our students in both fitness training and in medical fitness specialization. The exclusive knowledge, secrets, and technologies our students learn will enable them to dramatically increase the “scope of practice” of the fitness professional. The increased “scope of practice” will enable our students to work with the people who need competent fitness training the most: the overweight and obese, the diabetic, and all the rest of the American population that suffers from the ravages of the Metabolic Syndromes afflicting our Nation. Graduates from The Fitness Institute of Technology will have the competency to remedy the host of dysfunctions and afflictions that prevent our citizens from attaining their full potential... mentally, emotionally, spiritually, financially, artistically, and physically. Graduates from The Fitness Institute of Technology will have the competency to help and improve the very young-to the very old; the very de-conditioned to the elite athlete; the very frail to the very strong man, woman, and child... Anyone who wants to live a better, fuller, higher quality of life.

“scope of practice”

Over
TWO TRILLION
Dollars a year go to Medical
and Health Care Costs –

80%

of which are a direct
result of the Lifestyle
Choices Americans
Make!

F.I.T. was created to REMEDY the Anti-Lifestyle and give Fitness Professionals the weapons they need to fight the Anti-Lifestyle and the Obesity, Diabetes, and Cancer Epidemics plaguing our Nation. F.I.T. will provide the tools they need to build healthier and fitter children, adults and Nation!

Our degrees are listed as a degree in FITNESS SCIENCE. This is to differentiate the degree from exercise science, due to the scope of practice of the fitness trainer. Fitness Science includes the practical application of exercise science in addition to the requisite knowledge, skills and abilities needed by the fitness trainer to master all phases of the fitness process in order to safely and effectively train clients.

FITNESS SCIENCE includes the practical aspects of exercise science, subtracts the non-essential abstract theory, and adds the precise knowledge, skills & abilities (KSA's) required for success as a FITNESS PROFESSIONAL. The acquisition of the required KSA's by the successful student is obtained through independent study and supervised internships.

The health and welfare of all Americans is in jeopardy. Despite the warning that 92% of the American population does not exercise with enough regularity to derive any health benefits, Americans have not adopted the Fitness Lifestyle. Despite the warning that health authorities project that 50% of all American school-age children and 70% of all adults will be obese by 2012, Americans have not adopted the Fitness Lifestyle. Despite the fact that officials are continuously trying to warn Americans of the dire consequences of their unhealthy habits, Americans have not adopted the Fitness Lifestyle.

The purpose of the Fitness Institute of Technology is to provide the knowledge, skill, training, and experience the Fitness Professional will need and **MUST HAVE** to prevent the onslaught of disease and dysfunction caused by our citizens' unhealthy habits. The knowledge, skill, training, and experience you will gain here cannot be gained anywhere else. University or college professors have a vast wealth of knowledge to share with their students, but they lack the skill and training that are essential for you to become a **MASTER OF YOUR CRAFT!** The college professor has a vast amount of academic and scientific knowledge but lacks the practical experience to help their students apply that knowledge.

The purpose of the Fitness Institute of Technology is not only to provide you with the scientific knowledge you will need to increase your "Scope of Practice" as a Fitness Professional, but most importantly, the Fitness Institute of Technology has developed the only system in the world to help you apply the knowledge you gain. This application of knowledge is the only way for you to become a **MASTER OF YOUR CRAFT!**

You learn through a precise and systematic progression of Independent Study. Then you apply the knowledge you gain through practical, hands-on, supervised internships where you will systematically turn your knowledge into **SKILL!**

Knowledge **DOES NOT EQUAL POWER!** That is a myth! In the Rumpelstiltskin Fairy Tale, he turned straw into gold. Knowledge is straw! You turn knowledge into **GOLD** by changing your **KNOWLEDGE INTO SKILL!**

Knowledge is certainly important... critically important, but it does not go far enough and has done nothing to solve the Obesity, Diabetes, and Cancer Epidemics that are the result of Americans' unhealthy habits. Knowledge is the foundation, the basis of all the skills and performance training that you will learn and master before graduating from the Fitness Institute of Technology.

The Fitness Institute of Technology is a nontraditional program unlike any other college or university. Traditional college requires you to put your life on hold while you devote 2-4-6-8 or more years of your life to education. You go to traditional college to be educated. You don't get to "DO" until you graduate. And even after graduation you rarely get to "DO" because you find out your degree did little to prepare you for job demands and nothing to prepare you for a career. The Fitness Institute of Technology is a revolutionary leap from traditional college concepts. In the Fitness Institute of Technology you will learn a brand new concept that encompasses everything about **THE JOB...THE CAREER...THE DOING!**

Just as the medical doctor is required to perform all medical procedures on real patients to a high level of professional competency, you, too will be required to perform fitness procedures on real clients to a high level of professional competency! When you graduate from the Fitness Institute of Technology, you will have "DONE IT ALL" and "SEEN IT ALL", you will have a "SCOPE OF PRACTICE" far beyond that of a typical trainer. You will have exemplary knowledge, skill, training and experience that will enable you to work alongside medical professionals. You will have the skill needed to assist doctors with patients that are in dire need of exercise and nutrition prescriptions. You will have the skills needed to have professional dialogues with the doctors' patients and motivate them to begin, maintain, and benefit from the exercise and nutrition prescription. You will have the skills you must have to save Americans from their unhealthy lifestyle and help them live healthier, happier, and more fulfilling lives. You will have the skills you need to command much higher training fees than the typical trainer makes. And, if you decide to go through the Masters or even the Doctoral Program, you will have the skills necessary to train, supervise, and motivate other Fitness Professionals to learn from you and work for you.

The School of Fitness Training (SFT)

The Fitness Institute of Technology (F.I.T.), School of Fitness Training is a revolutionary improvement over what the Fitness Industry considers Personal Training today. Students in this program will learn the most current, well-researched and successful findings, methodologies, tactics, and strategies for getting people involved in the fitness lifestyle, keeping them involved in the fitness lifestyle, and training them with the highest levels of competence and professionalism, safely and effectively.

- A.S. Associate of Science in the Applied Science of Fitness Training
- B.S. Bachelor of Science in the Applied Science of Fitness Training
- M.S. Master of Science in the Applied Science of Fitness Training
- Ph.D. Doctor of Philosophy in the Applied Science of Fitness Training

The School of Medical Fitness Specialization (MFS)

The Fitness Institute of Technology (F.I.T.), School of Medical Fitness Specialization is a long overdue necessity for American civilization. The MFS degree is the first program of its kind anywhere in the world to bridge the gulf between medicine and fitness. Most medical and health care experts know that America is quickly approaching a deadly crisis. The Obesity Epidemic is expected to be at 70% for adults (by 2012) and 50% for children (by 2010). The experts have no idea how to stop the murderous onslaught that will result. This program will give you the knowledge, skill, tactics, strategies, and specialization you will need to safely and effectively meet the needs of the health-challenged, severely-deconditioned, and special populations groups that are rapidly becoming the majority of our populations. Since 92% of the American population does not exercise enough to receive any health benefits, you will need the Medical Fitness Specialization program to effectively and safely remedy the numerous health and medical problems that this lack of exercise has created. The lack of exercise has created an Obesity Epidemic and this epidemic has created numerous Metabolic Syndrome disorders that have now created a Cancer Epidemic, a Diabetes Epidemic, and a host of other disorders that are not only decreasing the number of years our citizens will live, but destroying the quality of life for all our citizens: mentally, emotionally, socially, professionally, financially, artistically, and spiritually.

This program will give you knowledge to help men, women and children live fuller, happier, more productive lives!

- A.S. Associate of Science in Applied Science in Medical Fitness Specialization
- B.S. Bachelor of Science in Applied Science in Medical Fitness Specialization
- M.S. Master of Science in Applied Science in Medical Fitness Specialization
- Ph.D. Doctor of Philosophy in Applied Science in Medical Fitness Specialization

Combined Degree Program: Fitness Training & Medical Fitness Specialization

This program is the best choice for the truly dedicated Fitness Professional! The combined program is a lot more work, but the combination of course work will make you a "Master of Your Craft", capable of dealing with the entire spectrum of clients, from the health and medical special population group, through the beginner to advanced fitness training group, all the way to the elite level amateur and professional athlete! The tremendous magnitude of knowledge, skill, and training you will gain is well worth the time, effort, and energy you invest in this combined program.

- A.S. Associate of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- B.S. Bachelor of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- M.S. Master of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- Ph.D. Doctor of Philosophy in the Applied Science of Fitness Training & Medical Fitness Specialization

Certifications

Personal Trainer Certification
 Advanced Personal Trainer Certification
 Advanced Sports Nutrition Certification
 Anti-Aging Sports Medicine & Rehabilitation Certification
 Board Certification for Personal Fitness Trainers
 Certified Fitness Consulting Specialist
 Certified Lifestyle Fitness Coach Level I
 Certified Lifestyle Fitness Coach Level II
 Fitness Facility Manager Certification
 Flexibility Coach Certification
 Functional Trainer Certification (Formerly: Core Training Specialist)
 Group Fitness Certification
 Master Personal Trainer Certification
 Optimum Development & Body Building Specialist
 Post-Secondary Rehabilitation Specialist Certification
 Program Design Specialist Certification
 Senior Fitness Specialist Certification
 Sports Conditioning Specialist
 Sports Conditioning Specialist - Sport Specific:
 Baseball
 Basketball
 Football
 Golf
 Hockey
 Martial Arts
 Olympic Lifting
 Plyometrics
 PNF Stretching
 Power Lifting
 Running
 Soccer
 Tennis
 Volleyball
 Sports Nutrition Specialist Certification
 Strength Ball Training Specialist
 Strength Band Training Specialist
 Tai Chi Instructor Certification
 Weight Management Instructor Certification
 Women's Fitness Specialist Certification
 Youth Fitness Instructor Certification
 Plus Many More!

Continuing Education Courses

Advanced Plyometric Training
 Agility, Balance, and Coordination
 Beginning Strength Training for Kids
 Care & Prevention of Athletic Injuries
 Core Training
 Current Strength Training Research
 Diet, Exercise, and Overall Fitness
 Fitness For Life
 Fitness Training: Exercise Testing
 Fitness Training: Safety Guidelines
 Focus on Health & Body Composition
 Functional Senior Fitness
 Functional Training for Sports
 Golf & Exercise
 Interm. / Adv. Strength Training for Kids
 Longevity: Add Years to Your Life
 Optimal Muscle Training
 Optimal Sports Nutrition
 Performance Nutrition
 Performance Stretching
 Personal Trainer Refresher Course
 Plyometric Training
 PNF Stretching
 Principles Behind Aerobic Training
 Principles Behind Sports Training
 Principles Behind Strength Training
 Professional Development
 Program Design
 Science & Practice of Youth & Exercise
 Seniors Strength Training
 Serious Strength Training
 Strength & Conditioning for Youth
 Tai Chi – Chi Kung
 Teaching Proper Sprinting Technique
 The *Business of Fitness* Series: Getting Started, Marketing, & Sales
 Rules of Engagement for Trainers
 Standard Operating Procedures (SOP) for Fitness Professionals
 Train A Client For Life: Longevity Science
 Training with Dumbbells
 Understanding Muscle Physiology
 Variety Training
 Weight Training For Weight Loss
 Women's Fitness Program Design

Accreditation

The Fitness Institute of Technology is accredited by International Association of Continuing Education and Training (IACET).

Associations

The Fitness Institute of Technology holds membership in the following organizations:

- >> International Association of Continuing Education and Training (IACET)
- >> International Health, Racquet & Sportclub Association (IHRSA)
- >> American College of Anti-Aging Sports Medicine (ACASP)
- >> American Academy of Anti-Aging Medicine (A4M)
- >> IDEA Health and Fitness Association
- >> National Organization for Competency Assurance (NOCA)

These organizations function in various capacities, from being a clearinghouse for health information to protecting freedom of choice in health care. With these memberships, F.I.T. endeavors to support those who strive for a healthy lifestyle.



Distance learning at the Fitness Institute of Technology offers a convenient alternative to a campus-based education – at a cost far below the tuition rates of most on – campus colleges. The Fitness Institute of Technology gives motivated adult students the freedom and the tools to:

- >> Create their own learning environment
- >> Study at their own pace
- >> Fit their studies into their personal lifestyle

Because of our nontraditional nature, students should be self-disciplined and self-directed-able to work without the structure of a formal classroom.

Staying in Touch

Our students and alumni form a valuable network. The IFPA FitBits and website help both students and alumni stay abreast of current happenings in the fitness industry and up-to-date on noteworthy alumni achievements.

The School of Fitness Training (SFT)



Overview

The Fitness Institute of Technology (F.I.T.), **School of Fitness Training** is a revolutionary improvement over what the Fitness Industry considers Personal Training today. Students in this program will learn the most current, well-researched and successful findings, methodologies, tactics, and strategies for getting people involved in the fitness lifestyle and keeping them involved in the fitness lifestyle.

F.I.T., School of Fitness Training Goals:

Upon successful completion of this program, students will achieve a high level of competence in all of the following areas of concentration (and more):

Goal 1 - Students will master professional interviewing techniques in order to establish effective communication and rapport with the client to maintain exercise adherence through effective fitness motivation.

Goal 2 - Students will master Fitness Assessment methodologies in order to determine any of the client's existing physical dysfunctions (muscle, nerve, joint, or biochemical).

Goal 3 - Students will master Exercise Prescription methodologies in order to remedy any of the client's existing dysfunctions as well as aid the client in achieving all of their health, fitness, and longevity goals.

Goal 4 - Students will master Program Design methodologies in order to create the safest and most effective training programs specific to the ten components of fitness that will best achieve the client's goals in the shortest possible time.

Goal 5 - Students will master Exercise Management methodologies in order to continuously progress the health, fitness, and longevity program of the client with the highest degree of safety and effectiveness, thus avoiding stagnation and client dropout.

Programs Offered

- A.S. Associate of Science in the Applied Science of Fitness Training
- B.S. Bachelor of Science in the Applied Science of Fitness Training
- M.S. Master of Science in the Applied Science of Fitness Training
- Ph.D. Doctor of Philosophy in the Applied Science of Fitness Training

These programs usher in a Great New Era to the Personal Training Industry. These programs represent the highest level of education, training, competency, skill, and professionalism ever realized in the Fitness Industry!



The School of Fitness Training (SFT)

Associates

Semester I

- 1) Personal Fitness Trainer
- 2) Sports Nutrition Coach
- 3) Group Fitness Instructor
- 4) Opt. Dev. & Body Building Specialist
- 5) Sports Conditioning Specialist

Semester II

- 6) Advanced Personal Fitness Trainer
- 7) Weight Management Instructor
- 8) Functional Trainer
- 9) Fitness Consulting Specialist
- 10) Women's Fitness Instructor

Internship 1

Bachelors

Semester III

- 11) Youth Fitness Instructor
- 12) Senior Fitness Instructor
- 13) Program Design Specialist
- 14) Master Personal Fitness Trainer I
- 15) Sports Conditioning (Option of 3)

Semester IV

- 16) Master Personal Fitness Trainer II
- 17) Advanced Sports Nutrition Coach
- 18) Lifestyle Fitness Coach I
- 19) Fitness Facility Manager
- 20) Flexibility Coach

Internship 2

Masters

Semester V

- 21) Anatomy
- 22) Physiology
- 23) Lifestyle Fitness Coach II
- 24) Fitness Assessment Specialist
- 25) Exercise Management

Semester VI

- 26) Kinesiology
- 27) Biomechanics
- 28) Strength Band and Ball Trainer
- 29) Exercise Management II
- 30) Exercise Prescription Specialist I

Internship 3
Master's Thesis

PhD

Semester VII

- 31) Low Back Disorder Specialist
- 32) Obesity Specialist
- 33) Special Population Expert
- 34) Sports Conditioning (Option of 3)
- 35) Sports Conditioning (Option of 3)

Semester VIII

- 36) Exercise Prescription Specialist II
- 37) Sports Injuries Specialist
- 38) Rehabilitative Medicine
- 39) Exercise Management III
- 40) Periodization Specialist

Internship 4
Doctoral Dissertation

The School of Medical Fitness Specialization (MFS)



Overview

The Fitness Institute of Technology (F.I.T.), School of Medical Fitness Specialization is a long overdue necessity for American civilization. The MFS degree is the first program of its kind anywhere in the world to bridge the gulf between medicine and fitness. Most medical and health care experts know that America is quickly approaching a deadly crisis. The Obesity epidemic is expected to be at 70% for adults (by 2012) and 50% for children (by 2010). The experts have no idea how to stop the murderous onslaught that will result.

The F.I.T. has created the MFS Program as our Nation's Greatest Weapon against 3 major epidemics facing us that can be remedied through exercise, nutrition, and healthy lifestyle. The MFS will give the student the necessary knowledge, training, and skill to deal with the many medical problems and special population groups created by the Anti-Lifestyle (habits consisting of: poor fitness, poor nutrition, stress, lack of rest, smoking, and drugs).

The MFS student will develop a brand new "Scope of Practice" that will enable them to effectively communicate with their client and their client's doctor or primary care provider. The new "Scope of Practice" will enable the MFS to help the doctor use exercise and nutrition prescriptions to improve the client's health and fitness while taking the proper, professional consideration of the client's medical condition.

Doctors know their patients need exercise and nutrition. Doctors want their patients to exercise and eat healthy. And doctors tell their patients to exercise and eat healthy, so why is it that 92% of the American population does not exercise with enough regularity to gain any health benefits?

The answer to these questions is that the doctor's "Scope of Practice" does not cover this need, nor does the "Scope of Practice" for the personal trainer. It takes specialized knowledge, skill, and training to communicate and motivate individuals in pain, both mentally and emotionally, from their very deconditioned and/or diseased state to begin to maintain a fitness and nutrition program. The "Scope of Practice" for the MFS is to work successfully with the 92% of the American population that needs it the most!

The F.I.T. is affiliated with both the American Academy of Anti-Aging Medicine (A4M) and the American College of Anti-Aging Sports Medicine Professionals (ACASP), and other physician groups.

The A4M is a Medical Association of 20,000 doctors dedicated to improving the health, fitness, and longevity of their patients. The doctors of the A4M already know how critically important exercise and nutrition prescription is for the welfare of their patients and are looking for expertise only the MFS can provide to remedy their patients' needs.

The MFS will work side-by-side with these dedicated physicians to lead the 92% of the American population that does not exercise to the health and fitness lifestyle.



School of Medical Fitness Specialization Goals:

Goal 1 – Students will build on PFT interviewing techniques to master professional interviewing skills for clients with various dysfunctions including medical concerns. Students will understand medical infirmity in order to establish effective communication and rapport with both the patient and the patient's doctor and/or primary care provider.

Goal 2 - Students will build on Fitness Assessment methodologies to master professional fitness assessment skills for clients with various dysfunction including medical concerns.

Goal 3 – Students will master Exercise Prescription methodologies in order to remedy any of the client's existing dysfunctions as well as any medical concerns and aid the client to achieve all of their health, fitness, and longevity goals.

Goal 4 – Students will build on Program Design methodologies to master professional Program Design skills for clients with various dysfunctions including medical concerns. Program Design methodologies are a critical step in helping the client and the client's doctor in attaining health, fitness, and longevity goals.

Goal 5 - Students will master Exercise Management methodologies in order to continuously progress the health, fitness, and longevity program of the client with the highest degree of safety and effectiveness, thus avoiding stagnation and client dropout.

Programs Offered

- A.S. Associate of Science in Applied Science in Medical Fitness Specialization
- B.S. Bachelor of Science in Applied Science in Medical Fitness Specialization
- M.S. Master of Science in Applied Science in Medical Fitness Specialization
- Ph.D. Doctor Philosophy in Applied Science in Medical Fitness Specialization

These programs create a Great New Era for the Medical Community and the Fitness Industry. These programs represent the highest level of education, training, competency, skill, and professionalism ever realized for the Fitness Professional to aid the Medical Community to improve the lifestyle of their patients.



The School of Medical Fitness Specialization (MFS)

Associates	Semester I 1) Personal Fitness Trainer 2) Sports Nutrition Coach 3) Group Fitness Instructor 4) Opt. Dev. & Body Building Specialist 5) Sports Conditioning Specialist	Semester II 6) Advanced Personal Fitness Trainer 7) Weight Management Instructor 8) Functional Trainer 9) Post/Secondary Rehab Specialist 10) Women's Fitness Instructor
	Internship 1	
Bachelors	Semester III 11) Youth Fitness Instructor 12) Senior Fitness Instructor 13) Program Design Specialist 14) Master Personal Fitness Trainer I 15) Functional Senior Fitness Instructor	Semester IV 16) Master Personal Fitness Trainer II 17) Advanced Sports Nutrition Coach 18) Lifestyle Fitness Coach I 19) Fitness Facility Manager 20) Flexibility Coach
	Internship 2	
Masters	Semester V 21) Anatomy 22) Physiology 23) Lifestyle Fitness Coach II 24) Fitness Assessment Specialist 25) Exercise Management	Semester VI 26) Kinesiology 27) Biomechanics 28) Strength Band and Ball Trainer 29) Speed and Power Specialist 30) Exercise Prescription Specialist I
	Internship 3 Master's Thesis	
PhD	Semester VII 31) Low Back Disorder Specialist 32) Obesity Specialist 33) Special Population Expert 34) Clinical Exercise Physiology Specialist 35) Exercise Endocrinology	Semester VIII 36) Exercise Prescription Specialist II 37) Sports Injuries Specialist 38) Rehabilitative Medicine Specialist 39) Children's Exercise Physiology Specialist 40) Periodization Specialist
	Internship 4 Doctoral Dissertation	



**“ The *highest reward*
for a person’s work
is *not*
what they get for it,
but
what they become by it. ”**

- John Ruskin



Combined Degree Program: Fitness Training & Medical Fitness Specialization



Overview

Combined Degree Program Goals:

Goal 1 – Students will build on PFT interviewing techniques to master professional interviewing skills for clients with various dysfunctions including medical concerns. Students will understand medical infirmity in order to establish effective communication and rapport with both the patient and the patient's doctor and/or primary care provider.

Goal 2 - Students will build on Fitness Assessment methodologies to master professional fitness assessment skills for clients with various dysfunction including medical concerns.

Goal 3 – Students will master Exercise Prescription methodologies in order to remedy any of the client's existing dysfunctions as well as any medical concerns and aid the client to achieve all of their health, fitness, and longevity goals.

Goal 4 – Students will build on Program Design methodologies to master professional Program Design skills for clients with various dysfunctions including medical concerns. Program Design methodologies are a critical step in helping the client and the client's doctor in attaining health, fitness, and longevity goals.

Goal 5 - Students will master Exercise Management methodologies in order to continuously progress the health, fitness, and longevity program of the client with the highest degree of safety and effectiveness, thus avoiding stagnation and client dropout.

Programs Offered

- A.S. Associate of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- B.S. Bachelor of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- M.S. Master of Science in the Applied Science of Fitness Training & Medical Fitness Specialization
- Ph.D. Doctor of Philosophy in the Applied Science of Fitness Training & Medical Fitness Specialization



Combined Degree Program

Associates

Semester I

- 1) Personal Fitness Trainer
- 2) Sports Nutrition Coach
- 3) Group Fitness Instructor
- 4) Opt. Dev. & Body Building Specialist
- 5) Sports Conditioning Specialist

Semester II

- 6) Advanced Personal Fitness Trainer
- 7) Weight Management Instructor
- 8) Functional Trainer
- 9) Fitness Consulting Specialist
- 10) Women's Fitness Instructor
- 11) Post/ Secondary Rehab Specialist

Internship 1

Bachelors

Semester III

- 12) Youth Fitness Instructor
- 13) Senior Fitness Instructor
- 14) Program Design Specialist
- 15) Master Personal Fitness Trainer I
- 16) Functional Senior Fitness Instructor
- 17) Sports Conditioning (Option of 4)

Semester IV

- 18) Master Personal Fitness Trainer II
- 19) Advanced Sports Nutrition Coach
- 20) Lifestyle Fitness Coach I
- 21) Fitness Facility Manager
- 22) Flexibility Coach

Internship 2

Masters

Semester V

- 23) Anatomy
- 24) Physiology
- 25) Lifestyle Fitness Coach II
- 26) Fitness Assessment Specialist
- 27) Exercise Management

Semester VI

- 28) Kinesiology
- 29) Biomechanics
- 30) Strength Band and Ball Trainer
- 31) Speed and Power Specialist
- 32) Exercise Prescription Specialist I
- 33) Exercise Management II

Internship 3

Master's Thesis

PhD

Semester VII

- 34) Low Back Disorder Specialist
- 35) Obesity Specialist
- 36) Special Population Expert
- 37) Clinical Exercise Physiology Specialist
- 38) Exercise Endocrinology
- 39) Sports Conditioning (Option of 3)
- 40) Sports Conditioning (Option of 3)

Semester VIII

- 41) Exercise Prescription Specialist II
- 42) Sports Injuries Specialist
- 43) Rehabilitative Medicine Specialist
- 44) Children's Exercise Physiology Specialist
- 45) Periodization Specialist
- 46) Exercise Management III

Internship 4

Doctoral Dissertation

Admissions Policy

As all textbooks and other materials are in English, applicants must be able to read and write using the language. Graduation from high school or satisfactory completion of General Educational Development (GED) requirement is a prerequisite for admissions into B.S. degree programs. A bachelor's degree is a prerequisite for admissions to any master's level program, and a master's degree is prerequisite for entering at the Ph.D. level. If you have prior college education, you may be able to transfer a portion of your credits to FIT. See the Transferring Credits section below.

How to Enroll

The procedure for enrolling is simple. You may contact your admissions advisor at 800-785-1924 and enroll by phone (outside the U.S., call 813-979-1925 or send a fax to 813-979-1978).

After you talk with you advisor, you will need to:

Fill out the application for admission located in the back of this catalog.

Send your application (no application fee required) to:

IFPA

14509 University Point Place

Tampa, FL 33613

If you are transferring college credits, we must receive official transcripts within six weeks after your enrollment.

Enrolling with Advanced Standing

If you hold a bachelor's degree, you may enter FIT at the master's level by completing certain prerequisites. You may enter at the Ph.D. level if you hold a master's degree and complete the necessary prerequisites.

Transferring Credits to The Fitness Institute of Technology (FIT)

If you have a prior college education, you may be able to transfer some of your credits to FIT. Requirements are:

The course must be comparable to a course required for the program you are entering.

The grade must be C or higher.

Prior to receipt of your official transcript, provisional transfer of credit can be accomplished by telephone with an admissions advisor.

The courses being transferred must have been taken at a school that provides credits recognized by the F.I.T., and must be transferred at the time of enrollment (please forward "official transcripts" via fax or mail to FIT).

FIT recognizes credits from state junior colleges, community colleges, and universities, and from schools accredited by the World Association of Universities and Colleges or by any accrediting agency acceptable by FIT. Credits from other schools may be recognized on a case-by-case basis as determined by our Academic Advisor.

Transferring Credits to Other Institutions

Just as we have requirements for acceptance of credits earned elsewhere, other institutions have their own requirements. Each individual transferring from one school to another must be evaluated by the receiving school. We will be pleased to send transcripts upon request.



Nondiscrimination

The Fitness Institute of Technology is in compliance with all requirements imposed by or pursuant to Title VI of the Civil Rights Act of 1964 and the regulations issued thereunder, to the end that no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subject to discrimination under any program or activity sponsored at this institution. Further, as prescribed by Section 504, Rehabilitation Act of 1973, this institution does not discriminate on the basis of handicap in admission or employment in its program and activities.

Confidentiality of Records

The Fitness Institute of Technology acknowledges the confidential nature of students' records, both personal and academic. Pursuant to the Family Educational Rights and Privacy Act, as amended, certain information about each student is deemed "Directory Information." F.I.T. considers the following as Directory Information.

- >> Name
- >> Address
- >> Telephone number
- >> Date and place of birth
- >> Major fields of study
- >> Prospective date of graduation
- >> Degrees and awards received
- >> Dates of enrollment
- >> Most recent educational agency or institution attended

This information will be released to anyone who requests it unless you file a notice in writing with FIT. Further information will not be released without your written consent. Whenever a hold is placed on all information, we exercise extreme care and concern in recording and maintaining it and will not release any of it without your written consent. We recognize your right of access to your own records.

Tuition

The Fitness Institute of Technology tuition covers the following:

- >> A complete set of books, study guides or workbooks, and exams
- >> Three transcripts
- >> An embossed 17" x 11" diploma upon completion of all requirements

You will be responsible for incidental costs such as shipping, handling, and postage for mailing exams to The Fitness Institute of Technology for grading.

The Fitness Institute of Technology does not charge additional fees for evaluating internships, dissertations, thesis grading, or returning exams.

Certain courses, i.e. Personal Fitness Trainer etc., allow the student the option of requesting a certification in that specialty upon successful completion of that course. An additional administrative fee may apply.

	School of Fitness Training	School of Medical Fitness Specialization	Combined Degree Program
Associates	\$6,000.00	\$6,000.00	\$6,400.00
Bachelors	\$12,000.00	\$12,000.00	\$12,800.00
Masters	\$18,000.00	\$18,000.00	\$19,200.00
PhD	\$24,000.00	\$24,000.00	\$26,400.00

Payment Options

By establishing a variety of payment options, the Fitness Institute of Technology makes it possible for you to continue your education regardless of your financial circumstance. Tuition may be paid in full at the time of enrollment by check, money order, cashier's check, Visa, Master Card, or Discover. Students who pay in advance are eligible for a prepayment discount. Ask your admissions advisor about the availability of other payment plans to meet your budgetary needs. Payments made by check or money order must be made payable to IFPA-FIT.

For more information, please call your admissions advisors at (800) 979-1925.

Payment in full:

A prepayment discount will apply.

Interest Free Plans:

90 day plan: 3 equal monthly payments, with 25% down payment

12 Month Plan: 12 equal monthly payments, 50% down payment

Finance Plans:

The finance plans allow you to pay an initial payment with the remainder of your tuition due in monthly installments at an interest rate of 7%.

You may choose from installment plans of six to 48 months.

Total Tuition	Minimum Down Payment	Payment Options
\$3,400.00 or less	\$640.00	up to 12 months
\$6,400.00 or less	\$1,000.00	up to 24 months
\$9,600.00 or less	\$1,000.00	up to 30 months
\$13,200.00 or less	\$1,000.00	up to 36 months
\$19,200.00 or less	\$1,500.00	up to 42 months
\$25,000.00 up	\$2,000.00	up to 48 months

Monthly payments can be set up through auto-charge or auto-debit.

Shipping and Handling

Most course work is shipped by UPS ground service, using a system that ensures ease of tracking and delivery. If you are interested in overnight shipping, please discuss this with your career advisor. Additional charges will apply for international shipments. This is not included in your tuition cost.

Call for additional information on special discounts and scholarship pricing.

Application for Admission

I, _____ hereby apply for admission to the Fitness Institute of Technology this day of _____, 20 ____ . I respectfully request qualifications to enter the program that I indicate below.

Degree Program

Choose one of the following Degree Programs

School of Fitness Training

- Associates Degree in Applied Science in Fitness Training (A.S.)
- Bachelor of Science in Fitness Training (B.S.) (Includes A.S.)
- Master of Science in Fitness Training (M.S.) (Includes A.S. & B.S.)
- Doctor of Philosophy in Fitness Training (Includes A.S. & B.S. & M.S.)

School of Medical Fitness Specialization

- Associates Degree in Applied Science in Medical Fitness Specialization (A.S.)
- Bachelor of Science in Medical Fitness Specialization (B.S.) (Includes A.S.)
- Master of Science in Medical Fitness Specialization (M.S.) (Includes A.S. & B.S.)
- Doctor of Philosophy in Medical Fitness Specialization (Includes A.S. & B.S. & M.S.)

Combined Degree Program: Fitness Training & Medical Fitness Specialization

- Associates Degree
- Bachelors Degree
- Masters Degree
- Doctorate Degree

Applicant Information

Full Name:
Address:
Phone Number:
Mobile Number:
Email Address:
In which state do you make your permanent residence?
Marital Status:
Citizen of U.S.A.? <input type="checkbox"/> Yes <input type="checkbox"/> No
Date of Birth:
Social Security Number:
Are you a veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No
Current Academic Status: <input type="checkbox"/> High School Graduate <input type="checkbox"/> Undergraduate <input type="checkbox"/> College Graduate



Previous Education

High School: _____		City, State: _____		
Date Graduated: _____	-or-	Date Received GED: _____		
College Name	Major	Credits	Date Graduated	Degree Earned
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Will you be sending official transcripts from the above colleges? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Do you have a license, certification or registration in your field? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Type: _____	Active? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Credentialing Agency: _____				

I certify that the above information provided by me is true and correct. I understand that if I misrepresent information or provide untruthful information, it can result in my acceptance to FIT being null and void. I agree to abide by the rules and procedures of FIT and the provisions set forth in the FIT catalog and Student Handbook, including the arbitration provision.

Signature: _____ **Date:** _____

How did you hear about FIT? _____

Payment

Consult your admissions advisor to determine your total tuition and payment amounts. To contact your advisor, call 800-785-1924. Please indicate which of the following payment options you prefer.

- Payment in Full** (prepayment discount applies)
- 90 Day **Interest Free Plan** (3 equal monthly payments with 25% down payment)
- 12 Month **Interest Free Plan** (12 equal monthly payments with 50% down payment)
- \$3,400 or Less **Tuition Finance Plan** (minimum \$640 down; pay up to 12 months)
- \$6,400 or Less **Tuition Finance Plan** (minimum \$1,000 down; pay up to 24 months)
- \$9,600 or Less **Tuition Finance Plan** (minimum \$1,000 down; pay up to 36 months)
- \$13,200 or Less **Tuition Finance Plan** (minimum \$1,000 down; pay up to 48 months)

Payment Amount: \$ _____ .00 US Dollars	
Payment Method: <input type="checkbox"/> check/money order (made payable to IFPA-FIT) <input type="checkbox"/> credit card	
Card Type: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express <input type="checkbox"/> Discover	
Account #: _____	Exp. Date _____
Name on Account: _____	
Address of Card Holder: _____	
Signature: _____	