

Syllabus

BODYBUILDING SPECIALIST

COURSE LENGTH

6 months

PREREQUISITES

Certified Fitness Trainer

CO-PREREQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Bryant, Josh. *Bodybuilding Specialist - The Complete Guide to Unlocking Muscle Hypertrophy*, Int'l Sports Sciences Association.

COURSE DESCRIPTION

This course covers training, recovery, motivation, and nutritional strategies to prepare the personal trainer to work with bodybuilders.

COURSE OBJECTIVES

After completing this course, students will be able to:

- Understand how the principles of muscle anatomy, kinesiology, and biomechanics apply to program design
- Identify resistance training strategies and modalities that can be used to optimize muscle hypertrophy and strength
- Analyze the pros and cons of various aerobic strategies as they relate to an individual bodybuilder's goals
- Identify the factors that contribute to muscle hypertrophy
- Describe exercises intended to increase strength and hypertrophy
- Identify the causes of overtraining and injury
- Apply the principles of basic nutrition and supplementation as they pertain to athletes' health and fitness goals
- Understand how ergogenic aids can be used to improve performance and the health risks that they present
- Identify the sports psychology strategies and techniques that assist athletes in achieving the mental preparedness necessary for optimal performance in bodybuilding

COURSE OUTCOMES

After completing this course, students will:

- Administer performance tests and body composition tests to properly assess and monitor bodybuilders' fitness level and stage readiness
- Customize the components of a training program according to the foundational training phase, hypertrophy training phase, and cutting training phase needs
- Articulate strategies that can be used to ensure that athletes have optimal recovery from training sessions
- Objectively evaluate the efficacy of popular training strategies
- Apply nutrition and supplement strategies according to the needs of an athlete during the foundational training phase, hypertrophy training phase, and cutting training phase

COURSE OUTLINE

You have until the course end date to finish all required submissions. A suggested guided study for you to complete the course is set up as follows:

Module 1: Muscle Anatomy, Biomechanics, Kinesiology

Module 2: Foundational Exercises

Module 3: Exercise Basics, Bands and Chains

Module 4: Aerobic Training, Flexibility Training

Module 5: Testing and Evaluation, Periodization Strategies

Module 6: Advanced Programming Strategies, Muscle Shaping

Module 7: Nutrition and Supplementation, Ergogenic Aids

Module 8: Recovery, Injury Prevention

Module 9: Bodybuilding Psychology

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Submit all course components.**
- **Earn a course score of 75% or better in the course.**
- **Submit current Adult CPR/AED**

- **Any fees must be paid in full.**