



Prime Time PRO Course Content

The 'Prime Time PRO' course includes 13 modules and 2 practical assessments. Please see below for detailed information about the module content.

Module 1: Physiology of Ageing.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications, experience and practical examples in this area.
- Structural and functional adaptations to ageing.
- Cardiovascular and metabolic adaptations to ageing.
- Comparison of trained to untrained ageing physiology.
- Summary of key points.
- References used and recommended reading.

Module 2: Multimodal Exercise Prescription for Adults.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- The F.I.T.T. principles for aerobic exercise + benefits / physiological adaptations.
- The F.I.T.T. principles for resistance training + benefits / physiological adaptations.
- The F.I.T.T. principles for balance training + benefits / physiological adaptations.
- The F.I.T.T. principles for flexibility training + benefits / physiological adaptations.
- Self-assessment of exercise intensity.
- References used and recommended reading.

Module 3: Testing (Home-Based and Group Based).

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Home-based and group-based functional fitness testing practical: Demonstration and engagement in field-based tests for assessing changes in strength, fitness, balance and functional movement in the target population. Protocols for administering the tests and recording results. Norms for different age groups. Practice.
- Overview of printable instructor testing resource.



- References used and recommended reading.

Module 4: Hypertension & Practical Exercise Application.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Classifications of blood pressure.
- Causes of hypertension.
- Treatment of hypertension.
- Exercise prescription for people who have hypertension.
- Special exercise considerations for people who have hypertension.
- Summary of key points.
- References used and recommended reading.

Module 5: Cardiovascular Disease & Practical Exercise Application.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Types of Cardiovascular Disease (CVD) and the development of same.
- Treatment of CVD with particular focus on the role of exercise.
- Procedures in the event of an adverse event.
- Exercise prescription for CVD.
- Special exercise considerations for people who have CVD.
- Special exercise considerations for common drugs that are used to treat CVD.
- Summary of key points.
- References used and recommended reading.

Module 6: Screening, Exercise Intensity & Clinical Warm Up.

- Learning objectives and relevance for fitness instructors.
- How to conduct and interpret screening.
- Exercise intensity: Getting this right for everyone in your group, with particular focus on people who are deconditioned and/or living with one or more clinical conditions.
- Practical demonstration of a clinical warm up.
- The clinical warm up: Discussion of the evidence behind the clinical warm up, key components that must be included in it, and how to incorporate adaptations to make it appropriate for adults of varying age, functional ability and clinical conditions.
- Summary of key points.



- References used and recommended reading.

Practical Assessment 1: Plan, prepare and record a 15-minute clinical warm-up video.

- Detailed instructions given to fitness professionals during day one of training.
- This is a PASS/FAIL component, not graded.
- Detailed written feedback is given to instructors based on their submitted warm up.
- Instructors have unlimited opportunities to resubmit and PASS this component.

Module 7: Arthritis & Practical Exercise Application

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Pathophysiology of osteoarthritis.
- Pathophysiology of rheumatoid arthritis.
- Treatment and management of arthritis with particular focus on exercise.
- Exercise prescription for arthritis.
- Special exercise considerations for people who have arthritis.
- References used and recommended reading.

Module 8: Osteoporosis & Practical Exercise Application

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Pathophysiology of osteoporosis.
- Role of exercise in the prevention, treatment and management of osteoporosis.
- Exercise prescription for people who have osteoporosis.
- Special exercise considerations for osteoporosis.
- References used and recommended reading.

Module 9: Adapted Strength Training.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Practical demonstration of sample resistance exercises: How to adapt them to make them suitable for poorly conditioned and/or clinical populations



and progress them to increase the level of difficulty for more trained individuals in the same class. Seated version of exercises also covered. Instructors practice with presenter.

- Overview of instructor resources e.g. on-demand library.

Module 10: Adapted Balance Training.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Practical demonstration of sample balance exercises: How to adapt them to make them suitable for poorly conditioned and/or clinical populations and progress them to increase the level of difficulty for more trained individuals in the same class. Seated version of exercises also covered. Instructors practice with presenter.
- Overview of instructor resources e.g. on-demand library.

Practical Assessment 2: Plan, prepare and record a multimodal main phase video.

- Detailed instructions given to fitness professionals during day two of training.
- This is a PASS/FAIL component, not graded.
- Detailed written feedback is given to instructors based on their submitted video.
- Instructors have unlimited opportunities to resubmit and PASS this component.

Module 11: Type 2 Diabetes & Practical Exercise Application.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Pathophysiology of insulin resistance and type 2 diabetes.
- Role of exercise in the treatment and management of insulin resistance and type 2 diabetes.
- Exercise prescription for adults who have type 2 diabetes.
- Special exercise considerations.
- References used and recommended reading.



Module 12: Adapted Aerobic Training.

- Learning objectives and relevance for fitness instructors.
- Introduction to presenter qualifications and experience in this area.
- Practical demonstration of sample aerobic exercises: How to adapt them to make them suitable for poorly conditioned and/or clinical populations and progress them to increase the level of difficulty for more trained individuals in the same class. Seated version of exercises also covered. Instructors practice with presenter.
- Overview of instructor resources e.g. on-demand library.

Module 13: Overview of Customised Resources for Fitness Professionals.

- One PowerPoint slide per module to highlight the key learning outcomes. This also acts as a summary of the key points of the full course.
- One page PDF containing an overview of all customised instructor resources including circuits, on-demand exercise videos, infographics, summary notes. A click through each of these digital resources to illustrate practical examples.