

Course Preview:

London Academy of Sports and Health Sciences has affiliated with Pinnacle Training & Consulting Systems (PTCS) to bring you the Advanced Training Specialist Certification (ATS). Advanced Training Specialist Certification (ATS) consists of five dynamic home study courses that simplify movement. First Course: Understanding the Essence of Human Movement: How we are hardwired to move. Second Course: Human Movement Assessment /Movement Analysis. Third Course: Integrative Training: Understanding the Fundamental Elements of Training. Fourth Course: Program Design & Periodization Training. Fifth Course: Common Movement Dysfunctions of the Orthopedic, Neuromuscular, Cardiopulmonary and Cardiovascular and Special Populations.

Course Objectives

- To truly understand the science behind human movement with respect to anatomy, base pathologies, functional anatomy, biomechanics, exercise prescription, program design and periodization training. The fundamental training principles that all personal trainers should truly understand.
- To promote a deeper learning and understanding beyond just assessment of a client. To understand why you perform beyond just a basic assessment, what the objective findings mean and how this information relates to designing an exercise program taking into consideration the client's health status, exercise history and goals.
- To truly understand the synergistic actions of how human movement occurs from the inside out, how common dysfunctions occur and how to train clients based on evidence-based research and scientific principles. It is important that all personal trainers stay within their scope of practice.
- To challenge the personal trainer to think deeper when analyzing movement, to truly understand the science behind the movement and provide rationale with exercise prescription, and programming with all clients

Course Package includes: Dynamic course manual PDF (manual), Course Study Workbook PDF Access to over 50 videos that complement the five-home study courses All examination costs included to earn the Advanced Training Specialist (ATS) Certification. Instructions for completing the online examination and obtaining CEU credit are also included. Upon purchase of the course, PTCS will email all the course materials to you. Once you are prepared to take the test, you complete the 125-question multiple-choice test. Upon passing the test (75% score or better), you will be emailed a pdf of your certificate to you.



LONDON ACADEMY OF
SPORTS AND HEALTH SCIENCES

Advanced Training Specialist

Certification

Pinnacle

Training & Consulting Systems

Course Code

ATS125

BECOME CERTIFIED SPECIALIST

Application accepted from anywhere in the world

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1 Course Outcomes

Provides fitness professionals with the knowledge, skillset and confidence to understand human movement at a deeper level in becoming an advanced personal trainer. This 100% online course provides a deeper and clear understanding of how human movement occurs, by teaching you and applying the concepts of functional anatomy, biomechanical principles and biomechanics behind daily & sport specific movements. Learn simple functional assessments, the findings, recognizing normal vs. abnormal movement patterns and training strategies for the entire body. Gain a clearer understanding of the essential integrative training components, and truly understand the foundation of periodization training, and recognize and understand comprehensively about how common movement dysfunctions occur, all based on evidenced based research with practical application. You will also earn credit hours of continuing education

2 Requirements for Entry

To be eligible to take the examination, you must:

1. Possess a national personal training certification from one of the following fitness agencies: ACE, ACSM, AFLCA, AFAA, Australian certifications required Certificate III (Fitness) & Certificate IV (Personal Trainer), BCRPA, Canfitpro, CFES, NASM, NSCA, NCSF, NFPT or WITS respectively and possess a minimum of 2-3 years of personal training experience and possess a valid CPR & first aid certification.

Or

2. Possess a bachelor's degree in one of the following related fields: Exercise physiology, exercise science or human movement, kinesiology, physics, biology related science degree and an advanced certification (i.e. N.S.C.A-CSCS, A.C.S.M.-CHFS, NASM-CES, NASM-PES or equivalent).

3 Course fees

Total Administration Fees Payable to

London Academy of Sports and Health Sciences: £99 GBP/ \$125 USD



6 Enrollment Process

The process is very simple,

- 1-Go to courses page, select the course from the list
- 2-Complete the enrollment form
- 3-Email the completed form to info@lashs.org.uk
- 4-We will verify your enrollment application details.
- 5-An administration fees invoice will be sent to your email along with other payment details if applicable.
- 6-Once your invoice is paid, a confirmation will be sent to your email from LASHS. Then, PTCS will contact you with the following details: The Home Study Course package, Readings Materials, access to training videos, examination, and certification details.

Get the knowledge you need to meet the challenges in your health professional practice.

7 Registered Office:

Continuing Education Centre

Consultancy Management & Services, 20-22 Wenlock Road, N1 7GU, London, United Kingdom, Email: info@lashs.org.uk, www.lashs.org.uk

Course creator:

Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM.

Chris has been a practicing physical therapist for 18 years, uniquely is also a personal trainer with over 20 years of experience and has taught seminars, courses and at conferences to personal trainers, massage therapists, physical therapy assistants and physical therapists for the past 15 years. He has developed over 15 home study courses, 5 live seminars and webinars teaching the foundation science, functional assessments, and application science on human movement.

4 Examination

If you would like to earn CEUs for your home study course purchased, you must take an online examination for the respective home study course purchased or take a comprehensive 125 multiple-choice question examination, that covers all five home study courses. Please follow the steps below which clarifies accordingly. PTCS has created six examinations, which includes one comprehensive examination (tests all five-course material) and five separate examinations for each of our home study courses. Each examination tests your comprehension of the material covered for the respective course or on all five courses, respectively. No outside material is included in the examinations accordingly.

Each home study course requires the student to take a 30 multiple-choice examination, that lasts 60 minutes. Which tests the readers' comprehension of the material studied for the respective home study course. A score of 75% or better is required to pass. PTCS will immediately send via email your CEU certificate for your records. For those who want to become certified as an advanced training specialist (ATS), you must complete all five units and take a 125 multiple-choice comprehensive examination in a three-hour window and earn a score of 75% or better. Consult PTCS website for more examination information.

5 Certification

The Advanced Training Specialist (ATS) Full Certification Program consists of 5 Dynamic Home Study Courses which can be purchased as a package or individually. Each course can stand alone, or you can take all 5 and receive your Advanced Training Specialist (ATS) Certification. Along with your PTCS certificate, you will also be awarded Certificate of Completion from LASHS that include 10 credit hours of continuing education of the category B of the LASHS designation at your request. For individuals interested in pursuing certain credits and accreditation, it is recommended to consider the importance of National Accreditation for your specific field or profession and make your decision accordingly.

Earn 10 credits hours of continuing education of LASHS designation Category B designation
