

FITNESS INSTRUCTOR COURSE (FIC) ATTACHMENT PROGRAM

Hours	Program	Objectives
1 hour	Briefing by Duty FI on Gym SOP, Rules & Regulations, Introduction to key personnel	Orientation
1 hour	Gym Orientation by Duty FI	Understanding the functions & usage of each equipment, knowing how to use and give instructions
2 hours	Trainees to conduct Gym Orientation for new gym member	To gain practical experiences on instructional skills and knowledge
2 hours	Personal Fitness Assessment (PFA – Trainee to observe while Duty FI execute)	To observe and grasp practical experiences in conducting PFA
2 hours	Trainee to perform PFA – e.g. Skin-fold, height weight, interview on exercise objectives, eating habits, preferences...etc	To gain hands-on experience in conducting PFA
9 hours	Trainee to perform Gym Duty	On the job training – Gain exposure on the life of a fitness instructor
2 hours	Get to know you better – Trainees are required to get to know 5 gym members and submit a write up with names, training objectives & preferences, problems encountered...etc	Enhance communication & observation skills – Knowing who's approachable, who's not, practicing different approaches to interact with people from different walks of life.
2 hours	Exercise Prescription – Trainees are required to practice prescribing an exercise program based on any scenario given by Duty FI on a simulated gym client	Homework to gain practical experience in exercise prescription, based on simulated client (e.g. smoker, history of left shoulder injury, wants to lose weight...etc)
2 hours	Exercise Prescription – Submission & Review. Trainees are required to submit his prescription to Duty FI for review and advice.	To review the exercise prescription and learn from Duty FI on Do's and Don't's of exercise prescription and the efficacy of program prescribed.
1 hour	Documentation – Fill up paperwork and submit to Chief FI for endorsement	For SSC's record purposes and certificate collection
Total 24 Hours		