

NETA Course Catalog

Fall–Winter 2021





Is NETA the Best Choice For Me?

There are many organizations providing fitness certifications. So, how do you know if NETA is the best choice for you?

NETA has a long history of educating fitness professionals spanning over 40 years, longer than virtually all other certifying bodies in the industry. Our Personal Trainer and Group Exercise Instructor Certifications are accredited by the National Commission for Certifying Agencies (NCCA), and our growing list of specialty certificates will prepare you to lead specific class formats or guide clients on their unique health journeys.

When you select NETA, you are choosing a non-profit organization with passionate staff and educators who are ready to help you navigate a successful career. You will have the option to attend live, hands-on training and exam preparation workshops instructed by well-qualified professionals, or work at your own pace through our numerous self-guided home study and online options.

In addition, NETA offers the following:

- the most affordable NCCA-accredited certification programs in the fitness industry;
- over 1,100 continuing education and specialty certification workshops across the U.S. each year;
- a Yoga Alliance-approved 200-Hour Yoga Teacher Training Program;
- a wide variety of online specialty certification programs and e-learning modules;
- an experienced team of knowledgeable and personable presenters;
- group discounts and complimentary registrations for facilities that host NETA workshops; and
- a menu of over 125 home study courses, providing a convenient way to continue your education and maintain professional certifications.

Let NETA help begin and advance your career in the fitness industry! Contact us today!

INDEX

Personal Trainer Certification	
Group Exercise Instructor Certification	
Specialty Certification Programs	
Online Specialty Certification	
200-Hour Yoga Teacher Training	
CEC Workshops	

Fit Fest	
Workshop Schedule	
Host A Workshop	
Home Study Courses	

PERSONAL TRAINER CERTIFICATION

NETA certification can be an important step toward establishing credibility and earning respect as a qualified exercise professional. Our Personal Trainer Certification is among the best in the industry and has been accredited by NCCA. Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients.



Topics

- Exercise Science (Anatomy, Exercise Physiology, Kinesiology, Biomechanics)
- Preparticipation Screening and Health & Fitness Assessments
- Exercise Programming for Healthy Adults
- Principles of Nutrition & Weight Management
- Dynamics of Communication & Behavioral Change



***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.

Option 1: Self-Study + 2-Day Live Review Workshop

The Personal Trainer Certification review workshop features 14 hours of interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to implement safe, effective, motivational exercise programming for your clients. Includes proctored paper/pencil exam. Recommended study materials sold separately.**

Credits: 14 NETA, 1.4 ACE, 14 AFAA
Times: Saturday Workshop 8 am–5 pm
Sunday Workshop 8 am–4 pm
Fees: Early Bird \$449*
Standard \$499

Option 2: Premier Plus Package BEST VALUE

Learn at your own pace utilizing NETA's user friendly online prep modules. Includes; Online Review Modules, Fitness Professional's Manual, Fitness Professional's Workbook, Practice Exam, Education Department Support, and Certification Exam. Item# 120 • \$499

Personal Trainer Test Only: Item #899 • \$349**

Questions? When you need assistance, it is good to know NETA is just a quick call away by phone, online, or in person, knowledgeable representatives are always ready to help.

Study Materials

NETA's *The Fitness Professional's Manual, 5th Edition*

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Personal Trainer certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including relationship-building and communication, theories of behavior change, exercise science, nutrition and weight management, preparticipation screening, health and fitness assessments, guidelines for exercise program design, exercise programming for special populations and medical conditions, and legal considerations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Personal Trainers

More than 100 practical activities including the Personal Trainer Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Personal Trainer review workshop and certification exam. **Item #16 • \$29**

Personal Trainer Online Review Modules

Prepare for NETA's NCCA-accredited Personal Trainer certification exam using NETA's new online prep modules. NETA's Personal Trainer Certification Online Review consists of six modules. Module one presents communication skills and behavior change. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening and fitness assessment. Module five covers physical activity and exercise program design. The final module presents exercises considerations for special populations, emergency response, and legal considerations. **Item #124 • \$189**

Personal Trainer Study Packages	Regular Price	Basic Package Item #170	Premier Package Item #172	Premier Plus Item #120
<i>The Fitness Professional's Manual, 5th ed.</i>	\$59	•	•	•
<i>The Fitness Professional's Workbook for PT's</i>	\$29	•	•	•
Personal Trainer Online Review Modules	\$189		•	•
Education Department (phone/email) Support	NA		•	•
Personal Trainer Practice Exam, Item #15	\$10	•	•	•
Voucher for \$10 Your First NETA CEC Course	NA		•	•
Personal Trainer Certification Exam*	\$349			•
Total	\$626	\$79	\$199	\$499

Note: Prices do NOT include applicable shipping and handling fees.

****Please visit NETA's website to learn about the test-only option. NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer Certification exam. Workshop end times may vary depending on class size. Proof of current Adult CPR/AED is required for Personal Trainer Certification. Please refer to the *Exam Candidate Handbook* found on NETA's website for more information. NETA's Personal Trainer Certification is valid for 2 years from the date of issue.**

GROUP EXERCISE CERTIFICATION

Created for those interested primarily in leading exercise in a group setting, NETA's Group Exercise Instructor Certification is one of only four in America that have earned NCCA accreditation. Our curriculum is continuously updated to keep you on the cutting edge of the fitness industry, promote safe and effective teaching strategies, and help you develop the critical skills required to become an effective Group Exercise Instructor.



Topics

- Anatomy, Kinesiology, Physiology, and Nutrition
- Cuing, Choreography, Communication, and Music Skills
- Components of Physical Activity and Fitness

***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.



Option 1: Self-Study + Live Review Workshop

Attend a 1 day exam preparation workshop and gain insight into the basics of teaching group exercise. NETA's experienced trainer will help you develop the critical skills required to become an effective Group Exercise Instructor. Includes proctored paper/pencil exam. Recommended study materials sold separately.* *

Credits: 6 NETA

Times: Workshop 8 am–5 pm

Fees: Early Bird \$299* Standard \$349

Option 2: Premier Plus Package BEST VALUE

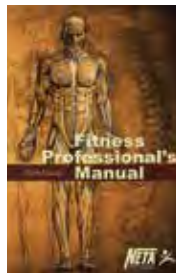
Learn at your own pace utilizing NETA's user friendly online prep modules. Includes; Online Review Modules, Fitness Professional's Manual, Fitness Professional's Workbook, Practice Exam, Education Department Support, and Certification Exam. Item# 121 • \$399

Group Exercise Instructor Test Only: Item #900 • \$249**

Questions? When you need assistance, it is good to know NETA is just a quick call away by phone, online, or in person, knowledgeable representatives are always ready to help.

Fitness Professional's Manual, 5th Edition

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Group Exercise Instructor certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including exercise science, nutrition and weight management, fundamentals of group exercise, communication and leadership, guidelines for exercise programming, and special populations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Group Exercise Instructors

More than 100 practical activities including the Group Exercise Instructor Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Group Exercise review workshop and certification exam. **Item #26 • \$29**

Group Exercise Instructor Online Review Modules

Prepare for NETA's NCCA-accredited Group Exercise Instructor certification exam using NETA's new online prep modules. NETA's Group Exercise Instructor Certification Online Review consists of six modules incorporating both lecture and visual demonstration. Module one presents the role of a group exercise instructor, relationship skills, behavioral change and motivation. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening, as well as physical activity recommendations and programming. Module five covers medical conditions, special populations, and injury management. The final module presents information and practical demonstration of designing and delivering a group exercise class. NETA's online review modules compliment *The Fitness Professional's Manual* and serve as an excellent resource for those who are serious about becoming an effective and certified group exercise instructor. **Item #125 • \$169**

Group Exercise Study Packages	Regular Price	Basic Package Item #171	Premier Package Item #173	Premier Plus Item #121
<i>The Fitness Professional's Manual</i> , 5th ed.	\$59	•	•	•
The Fitness Professional's Workbook for GEI's	\$29	•	•	•
Group Exercise Online Review Modules	\$169		•	•
Education Department (phone/email) Support	NA		•	•
Voucher for \$10 Your First NETA CEC Course	NA		•	•
Group Exercise Practice Exam, Item #14	\$10	•	•	•
Group Exercise Certification Exam*	\$249			•
Total	\$506	\$79	\$179	\$399

Note: Prices do NOT include applicable shipping and handling fees.

***Please visit NETA's website to learn about the test-only option. NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Group Exercise Instructor Certification exam. Workshop end times may vary depending on class size. Proof of current adult CPR is required for Group Exercise Instructor Certification. Please refer to the Exam Candidate Handbook found on NETA's website for more information. NETA's Group Exercise Instructor Certification is valid for 2 years from the date of issue.*



SPECIALTY CERTIFICATIONS

Our Specialty Certifications help you develop superior expertise in specialized disciplines and also provide continuing education credits (CECs).

Barre Connect

In this one day, Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with an understanding of the science, technique, and 4 main components behind Barre Connect. Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardio Training to create a FUN, total body workout.

Credits: 8 NETA, .8 ACE, 8 AFAA

Times: 8 am–5 pm **Fee:** \$199

Materials: Provided at the workshop.



Indoor Group Cycling

NETA's Indoor Group Cycling Specialty Certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contraindications, terminology, class formatting, music selection and cuing.

Credits: 7 NETA, .7 ACE, 5 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



Senior Fitness

In this foundational course, you will master exercise selection principles for chronic conditions, practice fall prevention techniques, learn functional fitness assessment protocols, and discuss ways to best communicate with senior class participants.

Credits: 7 NETA, .7 ACE, 7 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



Kettlebell

Kettlebells are a popular strength training tool in group exercise settings or with personal training clients. This course teaches the basics of kettlebell training, including safety, body positioning, alignment and appropriate weights. Learn and experience the popular exercises—like the swing, clean and press, snatch and others.

Credits: 7 NETA, .6 ACE, 6 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



Advanced Kettlebell

Mastered the basics of kettlebells? This course will take your instruction to the next level! The Advanced Kettlebell Specialty Certification is designed for instructors and trainers who have a basic understanding of the kettlebell swing, clean, and snatch. Participants will learn the science behind kettlebells, drills to correct swing errors, and advanced exercises including the windmill and the Turkish get-up.

Credits: 7 NETA, .7 ACE, 7 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



Youth Fitness

The Youth Fitness Specialty Certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight.

Credits: 8 NETA, .8 ACE, 8 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



Pilates Mat **Register Early & Save \$50!**

This workshop introduces the fundamental principles of Pilates, and teaches you how to apply them through 40 different exercises. You will also learn effective ways of cueing, correcting form and applying modifications.

Credits: 14 NETA, 1.3 ACE, 14 AFAA **Required**

Materials: NETA Pilates Manual **Item #136 • \$35**



Pilates Reformer **Register Early & Save \$50!**

This progressive course teaches aspects of Pilates Reformer and how to safely guide participants through a total body workout. Review of NETA's Pilates Mat principles. Reformer-specific exercises will be introduced.

Credits: 14 NETA, 1.2 ACE, 14 AFAA

Required Materials: NETA Pilates Reformer Manual **Item #138 • \$35**

Pilates Mat & Pilates Reformer

Times: Saturday: 8 am–5 pm Sunday: 8 am–2 pm

Fees: Early Bird \$349 Standard \$399



Online Options

No workshops near you? NETA is now offering specialty certifications in an online format. This option allows you to experience training wherever and whenever fits your schedule. **See page 10 for details.**

ONLINE SPECIALTY CERTIFICATIONS

NETA's online options for Specialty Certification provides the feeling of a live workshop without leaving home.



Online Advanced Kettlebell Specialty Certification

You'll learn the science of kettlebell training, tips for identifying and correcting common swing errors, and video demonstration. NETA's Kettlebell Specialty Certification or an equivalent certification is a prerequisite for the Advanced Kettlebell Specialty Certification. **Credits:** NETA 6, .4 ACE **Fee:** \$179 **Item#** 9285 🏠

NEW! Online Youth Fitness Specialty Certification Online Module

The Youth Fitness Specialty Certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development and age-appropriate activities. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight.

Credits 6 NETA **Fee:** \$179 **Item** #9291 🏠

Online Barre Connect Specialty Certification

You'll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .6 ACE

Fee: \$179 **Item** #9279 🏠

Online Indoor Group Cycling Specialty Certification

This comprehensive course provides instructors with the practical knowledge, skills, and safety to become a dynamic indoor cycling coach. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item** #9277 🏠

Online Kettlebell Specialty Certification

This course teaches the basics of kettlebell training, including safety, body positioning, alignment and starting weights. You'll learn the technique of foundation exercises along with accessory exercises and workout ideas. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item** #9278 🏠

Online Senior Fitness Specialty Certification

Narrative provides the standards and recommendations for older adult exercise, with video demonstration of Senior Fitness Testing protocol. **Credits:** 5 NETA, .5 ACE **Fee:** \$179 **Item** #9282 🏠



Wellness Coach Specialty Certification

Wellness coaching has emerged as a growing trend in the health and fitness industries and our Wellness Coach Specialty Certification can help you advance your career by providing the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Wellness Coaches are health and fitness professionals who work collaboratively with individuals in a client-centered process to facilitate the achievement of self-determined goals related to balanced healthy living.

Key Topics

- Adult Learning Concepts
- Interpersonal Communication Skills
- Theories and Models of Behavioral Change
- Motivational Interviewing
- Goal-Setting
- Overcoming Barriers to Change



Learn at your own pace utilizing NETA's user friendly online prep modules. Includes; Online Review Modules, Practice Exam, Education Department Support, and Computer-based Certification Exam.

Credits: 20 NETA (granted upon passing the exam) **Item# 121 • \$249**

Additional Recommended Materials

Lifestyle Wellness Coaching, 3rd Edition

An evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness.

Item #143 • \$89

Motivational Interviewing, 2nd Edition A wealth of examples illustrate the "dos and don'ts" of successful motivational interviewing. **Item #146 • \$65**

Prerequisite: You Must Have One of the Following: NETA Personal Trainer, Group Exercise Instructor, or another NCCA-accredited health/fitness certification, Bachelor's degree or higher in a health-or fitness-related major field of study, OR Credentials (e.g., licensed) as an allied health professional. See website for full list of accepted prerequisite certifications and credentials.

NETA's 200-Hour Yoga Teacher Training Program Yoga Alliance Approved



NETA's 200-Hour Yoga Teacher Training Program is a weekend modular program designed for both new and seasoned fitness professionals. Strengthen your own yoga practice, learn how to transform lives and build the foundation for safe and effective yoga teaching.

Certification courses can be used as stand-alone continuing education opportunities or completed as a full curriculum to earn the 200-Hour Registered Yoga Teacher designation.



Yoga Foundations

This intensive, two-day Yoga workshop provides hands-on experience in basic yoga class development through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. This course will provide an introduction to yoga philosophy, cueing, and yoga-based anatomy and physiology. You will even have an opportunity to practice teaching! *Yoga Foundations is the first required module for NETA's 200-Hour Yoga Teacher Training Program.*

Two Day Yoga Specialty Certifications

• Yoga Foundations

Learn the basics of yoga instruction, including an introduction to yoga philosophy, cueing, yoga-based anatomy and physiology, and a breakdown of 20 basic poses.

• Fitness Yoga

A hands-on experience in teaching multi-level flow-based classes in the fitness center environment, including pose progression and regression as well as sequencing.

• Senior Yoga

Instructors will be prepared to lead a safe, dynamic yoga class for an aging population incorporating poses with chair adaptations and props.

• Yoga Strong

Learn how to blend power flow yoga with exercise techniques to increase strength and endurance, incorporating yoga-based flow sequences, body weight exercises, resistance training, cardiovascular drills and core training.

• Intermediate Yoga

Instructors will learn to safely introduce intermediate and advanced poses, provides hands-on assists, and fine-tune alignment cues.

Why Choose NETA's 200-Hour RYT Program?

NETA's modular program is both flexible and cost-effective, as participants are able to build their hours as it fits their schedule and budget. There is no large upfront cost nor time commitment. The program also allows participants to learn from the wealth of experience and knowledge of NETA's diverse team of qualified instructors, each delivering the scientifically-based curriculum with professionalism and personality.

One Day Yoga Specialty Certifications

• Kids Yoga

Designed to help yoga teachers and fitness professionals create classes for a younger audience.

• Prenatal Yoga

Learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants.

• Becoming a Yoga Professional

Instructors will learn to better connect as a yoga coach, as well as discover ways to market themselves and earn income.

• Yoga for Special Populations

An in-depth look at creating an open environment, teaching to students with special needs or conditions, and learn ways to help every individual meet their goal in a group setting through a coaching approach.

• Restorative Yoga

Participants will learn restorative yoga poses, modifications and prop variations for students with special conditions, practice Yoga Nidra, and participate in hands-on teaching sessions.

***Register Early & Save \$50!**

Early Bird: Register 30 days in advance.



One Day Yoga Specialty Certification

Credits: 10 NETA, 1.0 ACE, 10 AFAA

Times: Saturday 8 am–6 pm

Fee: \$199 ea module

Materials: Provided at the workshop.

Two Day Yoga Specialty Certification

Credits: 20 NETA, 2.0 ACE, 15 AFAA

Times: Saturday 8 am–6 pm

Sunday 8 am–6 pm

Fee: Early Bird \$349* ea module
Standard \$399*

Materials: Provided at the workshop

Coming 2020

Advanced Yoga Specialty Certification



CONTINUING EDUCATION WORKSHOPS

Credits: 5 NETA, .5 ACE*, 5 AFAA*

Times: 8 am–1 pm

Fee: \$129

*ACE and AFAA credits may vary slightly depending on course.

Senior Power

Can and should older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you'll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

Cycle 360: Cycle, Strength, & Core

This course adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off-the-bike strength training and core training. The result is a total-body circuit training program that allows participants to experience an amazing aerobic workout while strengthening their upper body and core. *Completion of the Indoor Cycling Certificate is highly recommended and heart rate monitors are strongly encouraged.*

Kick It!

Help your participants kick and punch their way to a fun, challenging, and intense workout. This workshop will provide you with the knowledge and skills to teach and demonstrate basic martial arts techniques, create kicking and punching combinations, integrate martial arts-inspired agility and speed drills, and use those moves/combinations to design a high intensity workout for your participants.

Trauma Sensitive Yoga Practices

It's estimated that one-third of participants in a mainstream yoga class have experienced significant trauma. In this workshop, yoga's effects on the autonomic nervous system will be examined, as well as recommended practices and contraindicated positions. Class and instructor considerations will also be addressed, providing participants with the insight to handle victims of trauma in a mainstream class. *Trauma-Sensitive Yoga Practices is NOT a part of the NETA 200-Hour Yoga Program curriculum, and may only be used for continuing education credits.



Ride + Renew

Fusion-classes have continued to gain popularity, as they offer participants the benefits of two formats in half the time. Ride and Renew combines the benefits of an intense cycling workout with counter-balancing yoga poses to restore the body. Learn the effects that high intensity interval training via cycling has on the body, and how to both maximize the benefits and counteract the stressors through the combination of cycle and yoga. Completion of either the Indoor Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to taking this workshop.

HIIT The Step

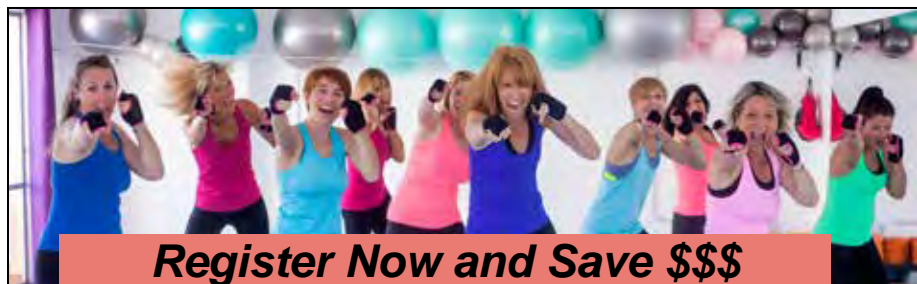
Dust off those steps that have been sitting in the studio closet and re-visit this tool in a new light. Participants in this workshop will discuss the benefits of aerobic versus anaerobic training, and how to use steps and risers in a fusion between traditional step movements and innovative high-intensity exercises. Upon completion of this workshop, instructors will be able to program and deliver a class that appeals to both traditional steppers and a contemporary crowd.

Earn One More NETA CEC...on Us!

Workshop attendees may earn one additional NETA CEC by completing a complimentary post-workshop 10-question online quiz. More info will be provided at the conclusion of each workshop.



FIT FEST



Join us at Fit Fest!

This is an exciting time for NETA as we continue to develop new, innovative, progressive programs that keep you on the cutting edge of our industry. These exhilarating events continue to earn rave reviews for bringing fitness professionals together in the perfect environment to learn, collaborate and even play.

NCCA Accredited Certifications

NETA certifications are nationally recognized, accepted and trusted.



Group Exercise Instructor

NETA offers the only NCCA Accredited Group Exercise Instructor Certification that provides hands-on training.

Personal Trainer

This NCCA Accredited certification is designed to prepare trainers to work with clients on an individual basis or in small groups.

Specialty Certifications For fitness professionals who want to enhance their primary certifications, expand their knowledge and develop greater expertise in specialized areas. In addition, **NETA now offers a 200-hour yoga program that is Yoga Alliance Approved.**

CEC Workshops Innovative workshops that provide progressive ideas and practical info for improving your classes. Earn, NETA, ACE & AFAA CECs. 3 hour workshops also have NASM CECs.

Virtual Fit Fest

October 2–4, 2020

Please visit our website for complete list of Fit Fest locations

WORKSHOP SCHEDULE



Most of us have had our lives turned upside down, which has left us wondering what the next few weeks, and even months, will look like. Some of us have more work and life stress than ever before, while others feel lonely or like we don't have enough activities or tasks to fill our days. But, we can all ask ourselves one question – “When all of this is over, will I be a better version of myself?” If we use this time to slow down and focus, it could be the perfect opportunity to grow our knowledge, try something new, or connect with other professionals virtually.

As you can imagine, NETA's live on-site workshop schedule has been temporarily reduced due to the virus. We now have many online live workshops available as well as homestudy courses. We invite you to visit our website to view all of the new options available.

Live Online Workshops *Via Zoom Meetings For Interactive Virtual Learning*



Due to COVID-19, many on-site workshops have been postponed. To support our customers during this time, NETA will be offering a variety of LIVE virtual certification and continuing education workshops. Please continue to check our website for additional updates.

“The virtual Kids Yoga workshop yesterday was a pleasant surprise in that I was highly engaged ALL day. When I first logged on and saw that I was one of 20 participants, I was nervous that we would not have an opportunity to interact. We were able to participate in two master classes, effectively listen and learn. The master class and Deanna's demos were AWESOME!” –Workshop Participant

WORKSHOP SCHEDULE

Virtual Fit Fest October 2-4, 2020



Have you always wanted to attend a Fit Fest but never had one in your area? Take advantage of our first VIRTUAL Fit Fest and earn continuing education credits and specialty certifications with LIVE interactive workshops from the safety of your home. Bring our team of top-notch presenters to your living room as you share ideas and learn from fitness professionals from across the country.

NETA's Fit Fest events bring fitness professionals together from all over the region to obtain their certifications, advance their careers with new specialty areas, earn CECs, connect with their peers, and leave feeling energized and excited. Register for a single session or multiple workshops as needed to achieve your goals and make maximum impact.

Most workshops provide NETA, ACE, AFAA and (NASM CECs only for 3-hour workshops), including new workshops featuring: Ride + Renew, Youth Fitness and Roller Reset. Space is limited...register early!

Friday, October 2

Foam Rolling and More* 3:00pm–6:00pm CDT
The Truth About Eating Disorders 3:00pm–6:00pm CDT
Intro to Meditation* 3:00pm–6:00pm CDT

Saturday, October 3

Fundamentals of Nutrition for the Fitness Professional* 8:00am–11:00am CDT
Ride + Renew 8:00am–11:00am CDT
Running A-Z* 8:00am–11:00am CDT
Kettlebell Specialty Master Class + Discussion** 11:30am–12:30pm CDT
Senior Fitness Specialty Master Class +Discussion** 11:30am–12:30pm CDT
Roller Reset 1:00pm–4:00pm CDT 11:30am–12:30pm CDT
HIIT the Step 1:00PM–4:00pm CDT
Breathing for Better Athletic Performance* 1:00PM–4:00pm CDT

Sunday, October 4

Senior Fall Prevention Triad 8:00am–11:00am CDT
Trauma Sensitive Yoga Practices 8:00am–1:00pm CDT
Youth Fitness Specialty Certification 8:00am–3:00pm CDT
Barre Connect Specialty Master Class and Q&A: 11:30am–12:30pm CDT
Exercise and Lifelong Brain Health 1:00PM–4:00pm CDT
Barre Meets Bike* 1:00PM–4:00pm CDT

* Denotes NETA CECs only **NO CECs provided

WORKSHOP SCHEDULE

Yoga



Looking to earn your Yoga Certification? Take advantage of Yoga Alliance's temporary approval to earn your Yoga certification online. In response to the COVID-19 outbreak, Yoga Alliance has temporarily approved remote instruction as an acceptable form of contact hours from Registered Yoga Schools (RYS). Live Virtual workshops will be added to the schedule weekly. Please continue to check the schedule on our website for updates.

Now can be a great time to slow down your classes and break down some of your teaching tips if you are choosing to teach virtually.

"I just wanted to take a moment and say Thankyou for offering such a fantastic weekend course! Jennifer was just wonderful and she did such a great job keeping us all in line..."online" I would recommend her...and your course offering to anyone!" –Workshop Participant

"Recognizing that managing attention on 20 students and moving through all the content with such expertise is more than a minor challenge when you add in the complexity of the technology, I was truly impressed and wanted to make sure you heard loud and clear how great the workshop was. Again, the workshop was simply FABULOUS." –Workshop Participant

CPR Requirements

In consideration of the COVID-19 outbreak and subsequent cancellations of live CPR/AED courses throughout the U.S., NETA is providing greater flexibility with regard to acceptable CPR/AED certifications. NETA recommends you contact your current CPR/AED provider (e.g., American Red Cross, American Heart Association, American Safety & Health Institute) to inquire about potential expiration date extensions and provisional certification options. Please visit the COVID-19 FAQs on NETA's website for up-to-date guidance regarding NETA's CPR/AED requirements. If you have questions, please contact NETA's Director of Certification at 1-800-237-6242 Ext. 4726.



WORKSHOP SCHEDULE

Virtual Fit Fest October 2-4, 2020



Due to COVID-19 our workshop schedule has been delayed based on clubs ability to reopen to full capacity. Please visit NETAfit.org or use the QR Code below to view our current workshop schedule. We have many live online workshops available for you to choose from.



View our Current
Workshop Schedule

NETA's Yoga Specialty Certifications

Are now Yoga Alliance Approved & eligible for
NETA's 200 Hour Yoga Certification Program.



Workshops are added daily, for a complete list visit
www.NETAfit.org/workshops

HOST A NETA WORKSHOP



IT'S EASY, FUN + FREE!

You provide the place and we provide all the training—at no cost to you. In fact, when you host any NETA Certification or CEC workshop, both you and your staff also receive free training and special discounts!



Certification Fitness Workshops

Personal Trainer
Group Exercise Instructor



Specialty + CEC Workshops

Choose from a wide variety of our most popular workshops including Advanced Kettlebell, Kettlebell, Barre, Indoor Cycling, Youth Fitness, Pilates, Reformer, Senior Fitness, and Yoga; including our new 200-Hour Yoga Teacher Training Program and more. For complete descriptions, see pages 10–15.

To schedule your workshop or request more information, contact Annemarie Hoyt at 1.800.237.6242 (ext 4728) or annemarie@netafit.org.

ONLINE SPECIALTY CERTIFICATIONS

NETA's online options for Specialty Certification provides the feeling of a live workshop without leaving home.

Online Advanced Kettlebell Specialty Certification You'll learn the science of kettlebell training, tips for identifying and correcting common swing errors, and video demonstration. NETA's Kettlebell Specialty Certification or an equivalent certification is a prerequisite for the Advanced Kettlebell Specialty Certification. **Credits:** NETA 6, .4 ACE **Fee:** \$179 **Item# 9285** 📺



Online Barre Connect Specialty Certification You'll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .6 ACE **Fee:** \$179 **Item #9279** 📺



Online Indoor Group Cycling Specialty Certification This comprehensive course provides instructors with the practical knowledge, skills, and safety to become a dynamic indoor cycling coach. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item #9277** 📺

Online Senior Fitness Specialty Certification Narrative provides the standards and recommendations for older adult exercise, with video demonstration of Senior Fitness Testing protocol. **Credits:** 5 NETA, .5 ACE **Fee:** \$179 **Item #9282** 📺

Online Kettlebell Specialty Certification This course teaches the basics of kettlebell training, including safety, body positioning, alignment and starting weights. You'll learn the technique of foundation exercises along with accessory exercises and workout ideas. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item #9278** 📺



Online Wellness Coach Specialty Certification NETA's Wellness Coach Specialty Certification can help you advance your career, strengthening your level of expertise in regard to health, fitness, and nutrition, while partnering with a client to assist them in self-discovery, problem solving, and behavioral change to improve their status on the illness-wellness continuum. **Credits:** 20 NETA (upon completion of exam) **\$249 Fee:** \$ **Item #121** 📺

NEW! Online Youth Fitness Specialty Certification The Youth Fitness Specialty Certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development and age-appropriate activities. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight. **Credits** 6 NETA **Fee:** \$179 **Item #9291** 📺



HOME STUDY COURSES

Home Study Symbol Key

📄 Downloadable Course 🖱️ Online Course

High-Performance Training for Sports

An elite group of international strength and conditioning specialists and sport physiotherapists explain the most effective applications of exercise science and sports medicine to enhance athletic performance. Whether you are working with high-performance athletes or with those recovering from injury, *High-Performance Training for Sports* is the definitive guide for developing all aspects of athletic performance. Includes book, workbook, and exam.

Credits: 20 NETA [Item #9231](#) • \$199

Maximum Interval Training

Utilizing nontraditional equipment like heavy ropes, suspension devices, and sandbags, *Maximum Interval Training* introduces a proven plan for developing power, strength, and agility. 147 exercises and numerous programs for athletes and serious strength and conditioning enthusiasts alike. Includes book, workbook, and exam.

Credits: 20 NETA [Item #9234](#) • \$199

The Strength Training Anatomy Workout

600+ illustrations reveal primary muscles worked along with all the relevant surrounding structures. Includes book, workbook, and exam. **Credits:** 4 NETA [Item #9173](#) • \$69

Yikes! Could I Really Be Sued?

In our litigious society, learn how to stay out of court and in the fitness center. This online module presents important legal information essential for exercise professionals. Learn strategies to minimize your liability and gain valuable insights through a review of several case study lawsuits filed against Personal Trainers and fitness facilities.

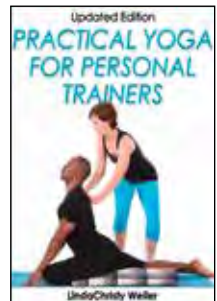
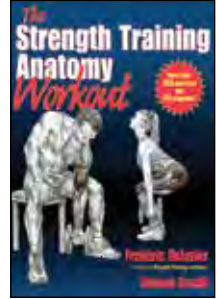
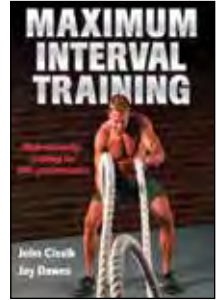
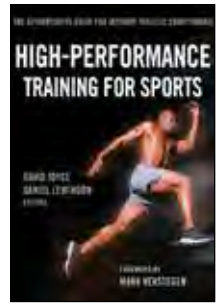
Credits: 4 NETA [Item #9238](#) • \$49 🖱️

NEW! Assessments for Sport & Athletic Performance

Assessments for Sport and Athletic Performance is a practical, user-friendly guide to performance-based evaluation. A perfect resource for coaches and exercise professionals, this home study course is a streamlined guide through the process of identifying appropriate tests for clients, athletes, or teams, making use of common low-cost equipment to administer the tests, interpreting data, adjusting training programs based on the results, and continually monitoring training. **Credits:** 8 NETA [Item #9290](#) • \$99

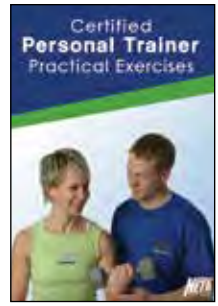
Practical Yoga For Personal Trainers 2nd Edition

Learn yoga postures, meditation, breathing, visualization, affirmations, and other yogic methods. Includes manual, worksheets, online video, and exam. **Credits:** 22 NETA, 1.9 NASM, 22 ISSA, .9 NSCA [Item #949](#) • \$249



NETA's Practical Personal Trainer Exercises

Learn to set up your client, cue the exercise, modify, and understand the scientific basis behind the exercises. Work with clients on machines, stability balls, BOSU's, barbells, and dumbbells. Includes workbook, DVD, and exam. **Credits:** 15 NETA *Item #9110 • \$159*



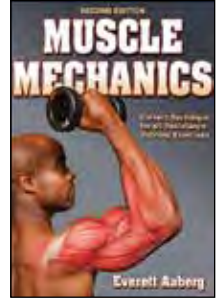
Catching Some Zzzz's: Sleeping Your Way to Better Health and Performance **Best Seller**

Are you getting adequate sleep necessary to optimize your health, fitness, and performance? This online module will cover the architecture of sleep, the potential negative impact of sleep deprivation on overall health and weight management, the importance of sleep for optimal fitness and athletic performance, and the positive impact of regular exercise on sleep. **Credits:** 6 NETA *Item #9256 • \$79* 📖



Foundations of Resistance Training

This online module reviews the current guidelines for resistance training, manipulation of acute training variables, classic and contemporary program design methodologies, and safe and effective strategies to develop resistance training programs for clients of all abilities. As a foundational course, this module is ideally suited for those with less program design experience, but may also serve as a valuable review for more experienced exercise professionals. **Credits:** 4 NETA *Item # 9287 • \$49* 📖

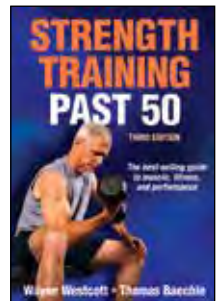


Business Mastery 5th Edition

This course helps personal trainers establish practices and supports seasoned personal trainers in taking their businesses to the next level. Includes book, workbook, and exam. **Credits:** 20 NETA *Item #9146 • \$199*

Muscle Mechanics 2nd Edition

Learn to train for strength, definition, and muscle size using the most effective exercises covering all the major muscle groups. This course will help you how to target specific muscles by using the most efficient alignment, positioning, and lifting techniques. Includes book, workbook, and exam. **Credits:** 6 NETA *Item #9221 • \$89*

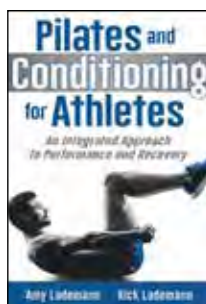


Strength Training Past 50 3rd Edition

The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength. Includes book, workbook, and exam. **Credits:** 6 NETA *Item #9249 • \$89*

Pilates and Conditioning for Athletes

This science-based, multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training, resulting in complete training programs that tap into the seven pillars of training needed for success. Includes book, workbook and exam. **Credits:** 15 NETA **Item #9283 • \$149**



Smarter Workouts **Best Seller**

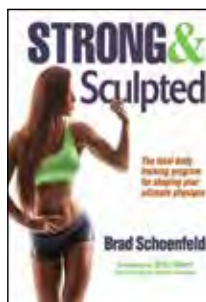
What are the biggest obstacles to sticking to a workout plan? You don't have enough time? It costs too much? You don't have enough equipment? You don't know how to get the results you want? Now you can set those excuses aside. Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals. Includes book, workbook and exam.

Credits: 20 NETA **Item #9281 • \$199**



Physical Activity Guidelines for Americans 2nd Edition

The Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services. The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity. This second edition is publicly available at: <https://health.gov/paguidelines/second-edition/>. To earn the CECs you must purchase and successfully complete the home study exam. **Credits:** 6 NETA **Item #9310 • \$79** 🔄



Strong and Sculpted

This program takes you from where you are to where you want to be, then keeps you there. You'll start by building a foundation for muscle development, then progress to more targeted sculpting and shaping. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9251 • \$89**



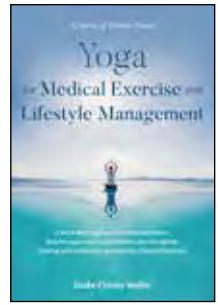
Fitness Running 3rd Edition

From personalized workouts to expert running advice, This course contains programs from one of America's most respected coaches. The 13–26 week programs, color coded and customizable, cover every goal, from staying in shape to preparing for races from 1,500 meters to the marathon. Includes book, workbook, and exam.

Credits: 6 NETA **Item #9222 • \$89**

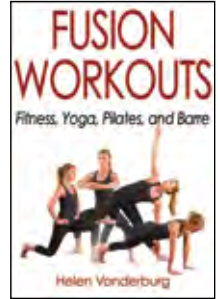
Yoga for Medical Exercise and Lifestyle Management

Designed for fitness professionals who want to incorporate yoga and mind-body fitness modalities into their clients' training protocols for conditions and issues that include stress reduction, pain management, corrective exercise, post rehab, and addictions. Learn to manage symptoms associated with stress, anxiety, and other issues by teaching slow, deep, and mindful breathing and yoga postures. Includes book, study guide and exam. **Credits:** 20 NETA, 2.1 ACE, 21 ISSA **Item #9273 • \$259**



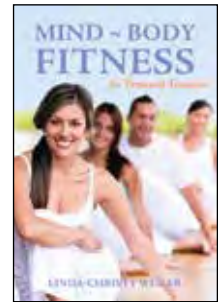
Fusion Workouts

Fitness, Yoga, Pilates, and Barre. Combine four disciplines to help you gain strength, muscle definition, flexibility, balance, and overall mind-body health. This five-step system accounting for your fitness level, goals, time available, activity preferences, and more. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9252 • \$89**



Yoga for Athletes

The ultimate yoga resource for athletes offers instruction on improving strength, flexibility and balance. Step-by-step instruction, expert advice, and pose variations focus on active muscles and movements across sports such as these: Football, Soccer, Running, Swimming, Cycling, Tennis, Golf, Baseball, and Basketball. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9253 • \$89**

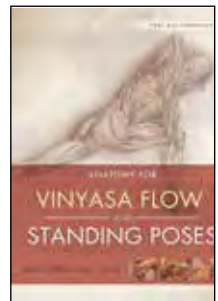


Mind-Body Fitness for Personal Trainers

In this course you will sample a variety of mind-body fitness techniques including Energy Exercises, Chi self-care, Chakra-activation postures, Meridian-stimulating postures, The Five Tibetans, Ascending Energy, Descending Energy, Somatic Symmetry, Somatic Shielding, and Pose/Counter-pose Yoga. Includes manual, study guide, and exam. **Credits:** 12 NETA, 1.9 NASM, 1.2 ISSA, 1.0 NSCA **Item #9258 • \$159**

Anatomy for Backbends and Twists

Master the science behind the backbends and twists of hatha yoga. *The Mat Companion* series provides you with instructions on how to use scientific principles to obtain the maximum benefit from your practice. Includes book and exam. **Credits:** 6 NETA **Item #9245 • \$89**



Anatomy for Vinyasa Flow and Standing Poses

Master the science behind Vinyasa Flow and the standing poses of hatha yoga. *The Mat Companion* series provides you with step-by-step instructions to benefit your practice. Includes book and exam. **Credits:** 6 NETA **Item #9243 • \$89**

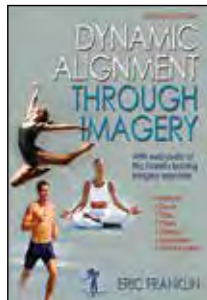
Qi Breathing

Our fast-paced lifestyles are reflected in our fast-paced breathing. It is affecting us at all levels. Learning how to breathe better is the quickest, easiest and simplest thing you can do to improve your health and energy levels. Use this information to help your clients and students improve their breathing. Includes book, DVD, CD, workbook and exam. **Credits:** 12 NETA **Item #9232 • \$159**



Dynamic Alignment Through Imagery 2nd Edition

Experience the biomechanical and anatomical principles that are crucial to dancers, other performing artists, yoga and Pilates teachers and practitioners, and athletes. The techniques and exercises presented in the book will guide you in improving your posture and they will positively affect your thoughts and attitude about yourself and others. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9205 • \$199**



Stretching Anatomy

Your guide to improving flexibility and muscular strength. Detailed instruction and full color illustrations. Includes book and exam. **Credits:** 2 NETA **Item #929 • \$39**

Yoga Anatomy

Expert instruction, detailed anatomical drawings for most common asanas. Includes book and exam. **Credits:** 6 NETA **Item #9125 • \$89**



Enlighten Your Body

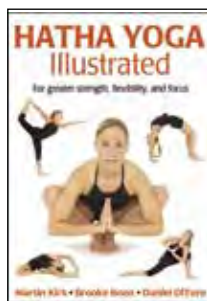
Yoga and Pilates combines concepts of balanced movement, mind-body and core strength. Includes book, manual, online video, and exam. **Credits:** 20 NETA, 2.0 ACE **Item #9103 • \$249**

Total Pilates 2nd Edition

Master the entire mat apparatus repertoire of this mind body system. Provides a way to categorize and sequence the vast collection of exercises. Includes book and exam. **Credits:** 6 NETA **Item #914 • \$89**

Movement Through The Chakras

Bring yoga and dance to a deeper level. Get two great workouts for novice or seasoned instructors. Includes workbook, 2 DVDs, and exam. **Credits:** 4 NETA **Item #9147 • \$69**



Hatha Yoga

Poses for all skill levels, taught in a step-by-step process with 12 yoga routines encompassing Iyengar, Astanga, Anasura and Bikram. Includes book and exam. **Credits:** 6 NETA **Item #935 • \$89**

BeyondBarre Basics

This BeyondBarre Basics home study (Revised from Simply Barre) incorporates creative design and limitless workout variations to ensure a full-body workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises designed to gain control, increase flexibility, and develop beautiful lean muscles. Includes manual, DVD, and exam. **Credits:** 20 NETA **Item #9203 • \$199** 📄



Holistic Fitness

Use holistic fitness protocols to support therapeutic process of recovery from eating disorders, traumatic stress, and depression. Includes book, DVD, worksheets, and exam. **Credits:** 20 NETA, 1.9 NASM, 20 ISSA **Item #9131 • \$249**



Dancing With Divinity Positive Affirmations For Any Situation

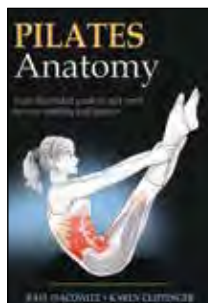
Learn to motivate and inspire through positive thinking. Includes book, workbook, CD, and exam. **Credits:** 4 NETA **Item #9111 • \$59**

NETA's Intro To Teaching Mat Pilates

A guide for analyzing, practicing, and teaching basic mat Pilates exercises. Includes *NETA Pilates Manual*, workbook, and exam. **Credits:** 15 NETA **Item #963 • \$149** 📄

Pilates Anatomy

A visual perspective on correct alignment, posture, and movements. Features illustrations and step-by-step instructions for 46 of the most effective mat exercises. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9163 • \$69**

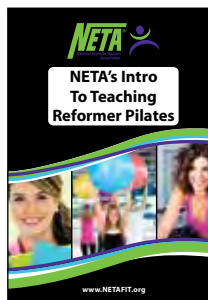


New Ideas for Today's Yoga Class

In this contemporary yoga course you will study the benefits of Yoga, as well as Yoga for Flexibility and Strength. Includes manual, worksheets and exam. **Credits:** 12 NETA, 1.2 ACE **Item #9174 • \$159**

NETA's Intro to Teaching Reformer Pilates

This course reviews Pilates Principles. *Completion of NETA Intro to Teaching Mat Pilates strongly recommended.* Includes manual, workbook, and exam. **Credits:** 15 NETA **Item #9168 • \$149** 📄



Short A Few Credits? Please visit our website for a complete list of online home study courses 📄 as well as courses available for download 📄 at **NETAfit.org**

How to Make More Money in the Fitness Industry

This course will help you take action toward increasing your net worth and making your dreams come true. Includes book, workbook, and exam. **Credits:** 10 NETA *Item #9204 • \$99*

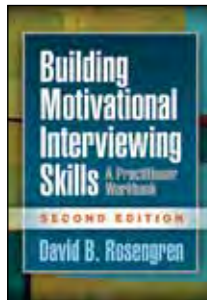


The Mind/Body Guide to Wellness

Designed to assist you and your students and clients with a deeper psychological perspective to release old patterns specific to exercise, nutrition, conscious eating and more. Includes book, workbook, and exam. **Credits:** 4 NETA *Item #9169 • \$59*

Building Motivational Interviewing Skills: A Practitioner Workbook

This course helps personal trainers and wellness coaches develop and sharpen their skills in motivational interviewing (MI). Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. You will build proficiency for moving through the four processes of MI using open-ended questions, affirmations, reflective listening, and summaries. Includes textbook, workbook and exam. **Credits:** 20 NETA *Item #9272 • \$199*



Stress Management: A Wellness Approach

Stress is an unavoidable part of our lives—some can even be good. However, too much stress can be detrimental to our health, and most of us do not know how to handle stress effectively. This course presents tools for managing stress in six dimensions: physical, emotional, intellectual, social, spiritual, and environmental. The course takes a holistic view of managing stress rather than looking only at the symptoms and draws heavily from research and best practices from experts. Includes book, workbook, and exam. **Credits:** 6 NETA *Item #9235 • \$89*



Motivational Interviewing in Nutrition and Fitness

2nd Edition This course presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. Includes book, workbook, and exam. **Credits:** 10 NETA *Item #9239 • \$109*



Winning Health Promotion Strategies

The books address physical activity, nutrition, and preventive care. Information on benefits of wellness that will help you gain support for your programs. Includes book, workbook, and exam. **Credits:** 6 NETA *Item #9220 • \$89*

Facilitating the Adoption and Maintenance of Physical Activity

This online module reviews the *Physical Activity Guidelines for Americans* as well as several observational studies that have reported physical activity habits among U.S. adults. Strategies to facilitate the adoption and maintenance of a physically-active lifestyle. Learn about theories and models related to behavioral change, effective goal-setting, and coaching strategies to increase motivation and exercise adherence. **Credits:** 6 NETA *Item #9208 • \$79* 📖



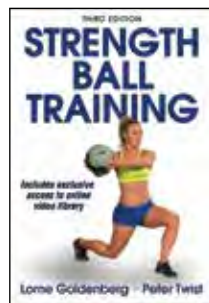
Step It Up!

This home study course is based on the document, *Step It Up! - The Surgeon General's Call to Action to Promote Walking and Walkable Communities*. The *Step it Up!* call to action focuses on promoting health before disease occurs by encouraging Americans to walk more as a mode of physical activity and provides strategies that communities can use to support walking. The document is available at <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/call-to-action-walking-and-walkable-communities.pdf>. Includes workbook and exam. **Credits:** 4 NETA *Item #9248 • \$49* 📖



Strength Ball Training 3rd Edition

Including assessments; exercises; and programs for injury prevention, mobility, conditioning, strength, and special populations, as well as access to online video demonstrations. Includes book, workbook, and exam. **Credits:** 6 NETA *Item #9250 • \$89*



Martial Fitness Kickboxing (Revised 2017)

The most comprehensive Kickboxing/MMA Fitness Instructor training program in the industry. This is a blending of the old revision *Martial Fitness Kickboxing* course and the *FitStrike* course. Includes manual, 4 DVD's and exam. **Credits:** 20 NETA, 2.0 ACE and 1.5 AFAA, 1.9 NASM *Item #9259 • \$199*

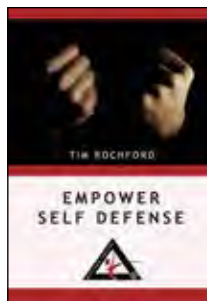


Health Fitness Management 3rd Edition

In-depth picture of the challenging and rewarding role of the health and fitness club manager. Leading experts in the fitness industry share their insights in a practical manner, making this text the most authoritative and field-tested guide to fitness management success. Updates to the third edition include: new case studies regarding legal responsibilities and obligations; tips for managing social media to maximize marketing; and reproducible templates. Includes book, workbook, and exam. **Credits:** 20 NETA *Item #9284 • \$199*

Empower Self Defense

Gain the knowledge and abilities to teach basic level self-defense. Master a new skill set that could translate into an additional revenue source for the fitness professional. Includes textbook, worksheets and exam. **Credits:** 20 NETA, 2.0 ACE, 19 AFAA, 1.5 NASM **Item #9276 • \$199**



Running A to Z

From the 5K to the marathon, from the jogger to the elite long distance runner, this course will give you the knowledge to exceed your goals. Includes book, workbook, and exam. **Credits:** 8 NETA **Item #9166 • \$99**

Motivational Interviewing for the Exercise Professional

A well-designed exercise program and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Motivational interviewing (MI) is an effective coaching skill to help clients overcome ambivalence to lifestyle change. This online module introduces the framework of MI including the core principles, processes, and interviewing skills.

Credits: 4 NETA **Item #9275 • \$49** 



HIIT Fit

This online module examines the many health benefits associated with high intensity interval training. This course focuses on the instructor's roles, and provides a number of different HIIT programs designs. Includes online access to e-learning module and exam.

Credits: 3 NETA **Item #9229 • \$39** 




Running Anatomy 2nd Edition

Learn how to improve your running strength, speed, and endurance with Running Anatomy, 2nd Edition. This new edition delivers more exercises, more insight, and more illustrations to show you how to increase your muscle strength, optimize the efficiency of your running motion, and minimize your risk of injury. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9216 • \$89**

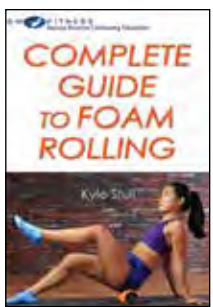


Cycling Anatomy 2nd Edition Improve your performance by increasing strength. Contains 74 exercises and illustrations. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9161 • \$59**

Mastering the Marathon: Training for 26.2

This online module reviews historical highlights of the marathon race as well as physiological considerations, training essentials, and strategies to maximize marathon performance. **Credits:** 6 NETA **Item #9210 • \$79** 

Complete Guide to Foam Rolling Step-by-step instructions for foam techniques. Includes online exam. **Credits:** 8 NETA, .8 ACE, and 8 ACSM **Item #9213 • \$79**



High Intensity Interval Training (HIIT) Tabata & Rest-Based Training This course helps bridge the gap between exercise science and interval programming. Includes workbook and exam. **Credits:** 4 NETA **Item #9209 • \$59** U

Bike Fit Learn to accurately fit participants to indoor cycle bikes. Includes Bike Fit information and guidelines, goniometer, plumb-line, and exam. **Credits:** 1 NETA **Item #9152 • \$29**

Triathlon Science From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9206 • \$199**



NEW! Online Adaptive Fitness Online Module
NETA's Education and training for fitness instructors and personal trainers wishing to learn more about adaptive populations, or who are interested in working with clients requiring scaling or adaptations due to a temporary or permanent disability. Disability awareness and understanding will be introduced, and general adaptations to upper extremity, lower extremity, seated and neuromuscular clients will be discussed and displayed through sample workouts. **Credits:** 5 **Fee:** \$89 **Item #9220** U

The Biomechanics Method Corrective Exercise Specialist (TBMM-CES) This course consists of five modules that teach fitness professionals how to assess clients for musculoskeletal imbalances and explains how to use corrective exercise to remedy those problems. **Module 1** The Fundamentals of Structural Assessment **Credits:** 13 NETA, 1.3 ACE **\$149** U **Module 2** Understanding Muscles & Movement **Credits:** 14 NETA, 1.4 ACE **\$179** U **Module 3** Fundamentals of Corrective Exercise **Credits:** 13 NETA, 1.7 ACE **\$149** U **Module 4** Complete Corrective Exercise Library **Credits:** 14 NETA, 2.2 ACE **\$179** U **Module 5** Corrective Exercise Program Design **Credits:** 14 NETA, 1.3 ACE **\$169** U



Physical Activity Instruction of Older Adults
This course details the skills outlined in the *International Curriculum Guidelines for Preparing Activity Instructors of Older Adults*. Includes book, workbook, and exam. **Credits:** 20 NETA, 2.0 ACE, 20 ACSM **Item #9199 • \$229**



Strength Training Older Adults Educate adults in benefiting from individualized strength training programs. Includes book, workbook, and online exam. **Credits:** 12 NETA **Item #9200 • \$189** U

Exercise and Wellness for Older Adults 2nd Edition

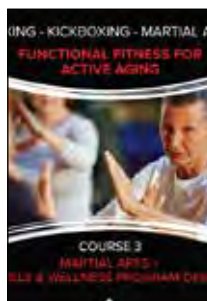
An age-neutral focus on maximizing functional ability for older adults with 120 land-based and 72 water-based programming options. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9240 • \$199**

NEW! **Functional Fitness for Active Aging** The program is divided into 3 courses. For best results, the program courses should be completed in sequence. This program provides instruction and information necessary to design, develop and teach/lead safe, effective Boxing, Kickboxing & Martial Arts-based fitness workouts for the Active Aging population! It includes instruction on how to adapt these specific types of workouts to all levels of functionality, no matter what age (Active Aging is not defined by a number!)! Boxing, Kickboxing & Martial Arts activities enhance balance, agility, reaction time, coordination, cognitive function, muscular & cardiovascular conditioning and flexibility!

NEW! **Course 1 Technique Instruction & Program Development** provides detailed instructions for technique and movement pattern performance, including potential safety modifications and effective exercise progressions, as applied to various functional levels of active agers. Includes manual, 2 DVDs and exam. **Credits:** 10 NETA • **Item # 9294 • \$119**

NEW! **Course 2 Skills, Drills and Workout Routines** – this course builds on Course 1 by providing information about how to integrate boxing, kickboxing and martial arts training skills and drills into functional fitness workout routines. The course also includes in-depth information about how to safely and effectively use boxing/kickboxing-specific equipment, along with how to perform equipment drills in workout routines. The course content also includes class and periodized program plan examples that can be used as models for instructors/trainers. Includes manual, 2 DVDs and exam. **Credits:** 10 NETA **Item #9295 • \$119**

Coming Soon! **Course 3 Martial Arts – Drills & Wellness Program Design** This course also builds on the Course 1 information, in order to integrate specific martial arts skills & drills, taken from the author's training in Kajukenbo/Kajukenpo Karate (since 1978), into an effective functional fitness program. The content also includes instruction for how to establish a comprehensive martial arts-based Wellness program that addresses 5 of the Dimensions of Wellness. Includes manual, DVDs and exam. **Credits:** 10 NETA **Item #9296 • \$119**



Healthy Eating Every Day *Best Seller*

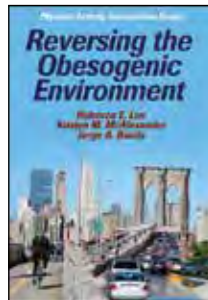
A practical, evidence-based program that teaches you how to improve your eating habits. Includes book, workbook and exam. **Credits:** 20 NETA **Item #9274 • \$199**

**Physical Activity for Special Medical Conditions**

This online module reviews the public health burden of chronic diseases related to unhealthy lifestyle behaviors. **Credits:** 6 NETA **Item #9211 • \$79**

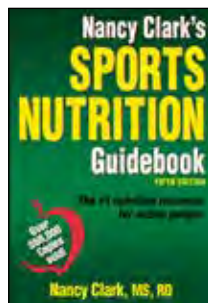
Reversing the Obesogenic Environment

Learn factors that lead to obesity, including public policy, the built environment, food supply and distribution. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9214 • \$89**

**Physical Activity and Diabetes: 2016 Position Statement**

This exam is based on the American Diabetes Association's (ADA) position statement titled, Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. **Credits:** 2 NETA **Item #9266 • \$29**

NEW! Sports Supplements This course provides information you need for evaluating supplements that may fit your athletes' specific muscular, cardiovascular, and psychological needs. For each of the 120 supplements discover what it is, how it works, potential performance benefits, research studies and outcomes, dosage recommendations, and possible health concerns. Includes syllabus and exam. **Credits:** 8 NETA, .8 ACE **Item #9293 \$129.00**

**Nancy Clark's Sport Nutrition Guidebook 6th Edition**

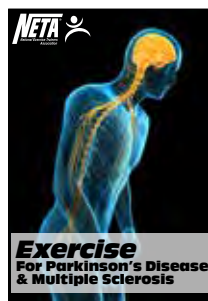
Boost energy, manage stress, build muscle, lose fat, and improve performance. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9286 • \$199**

Exercise for Parkinson's and MS

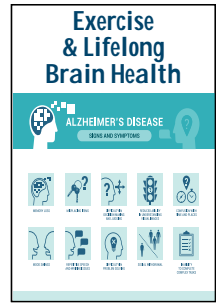
Topics include basic pathophysiology and common symptoms of disease, associated with physical activity, and exercise recommendations and considerations for individuals having these conditions. **Credits:** 4 NETA

Physical Activity and Exercise for Arthritis

This online module addresses two common types of arthritis. Topics include pathophysiology, epidemiology, and common symptoms associated with physical activity, and exercise recommendations. **Credits:** 4 NETA **Item #9311 • \$49**

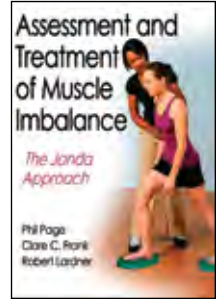


NEW! Exercise & Lifelong Brain Health It is estimated that over 7 million older adults in the U.S. will have dementia by the year 2025. This online module presents the role of physical activity and exercise strategies to maintain brain health into older adulthood and to mitigate the onset of Alzheimer's disease and other forms of dementia. Credits: 4 NETA **Item # 9288 • \$49** 📖

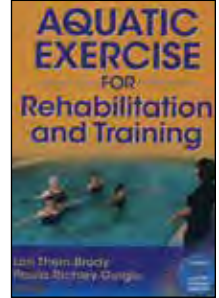


Post-Rehab Considerations for the Exercise Professional Review the etiology, exercise contraindications, and programming considerations related to a variety of common orthopedic conditions. Credits: 6 NETA **Item #9226 • \$79** 📖

Assessment and Treatment of Muscle Imbalance This course blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain. Includes book, workbook, and exam. Credits: 20 NETA **Item #9254 • \$199**

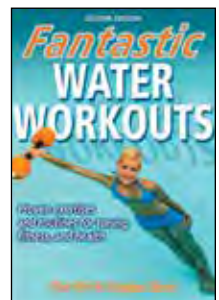


Aquatic Exercise for Rehabilitation and Training This advanced course reviews benefits of aquatic exercise using a variety of therapeutic interventions, including the Halliwick Concept, the Bad Ragaz Ring Method, Ai Chi, Watsu. Includes book, study guide, DVD, and exam. Credits: 20 NETA, 2.0 ACE **Item #9196 • \$239**



Fantastic Water Workouts

This course includes more than 130 exercises that use the natural resistance of water to improve overall fitness, cross-training, and to improve performance. Add variety to your program by trying the Tai Chi, Pilates, Yoga, Kickboxing, Country Line Dancing, Street Dancing, and Noodle workouts. Includes book and exam. Credits: 3 NETA **Item #9141 • \$49**



Short A Few Credits? Please visit our website for a complete list of online home study courses 📖 as well as courses available for download 📖 at **NETAfit.org**



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