



### Sport Performance Institute

The Sport Performance Institute (SPI) is an international Canadian based fitness and sports education organization. SPI provides a variety of educational programs to personal trainers, aerobics instructors, coaches, strength training specialists, physical education teachers and the general population.

The founders of SPI have worked with over 20 Olympic and professional teams; they have, also, assisted in producing 29 Olympic and over 100 World Championship medalists. Using only the latest in scientific research, SPI has developed the most in-depth series of courses available.

LAU has concluded with SPI, the internationally recognized Canadian Sport Education Institute, the exclusive rights in Lebanon to utilize their professional fitness training certification program.



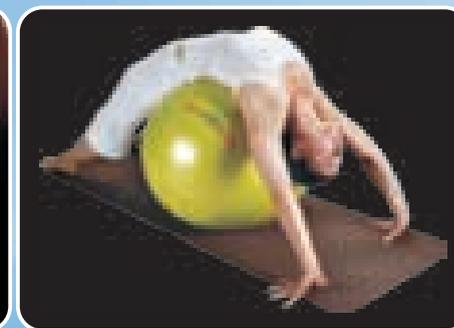
**Wael Jaber**  
Program Coordinator

With over 15 certification courses in all areas of fitness extending over 12 years of experience, Wael, with the collaboration of the Canadian Sport Performance Institute (SPI), has helped develop one of the most extensive fitness educational programs in the region: "The LAU Professional Fitness Diploma Program."

Wael is recognized as a speaker in several national and international health conferences and workshops, and he has trained on live TV the participants of Star Academy Seasons 3 and 4.



# Join the LAU PROFESSIONAL FITNESS DIPLOMA PROGRAM



### Open For

- Personal Trainers
- Group Fitness Instructors
- Fitness Managers
- Strength Training Specialists
- Athletic Fitness Trainers
- Physical Education Teachers
- Coaches
- Nutritionists
- General Population (any one interested in health, weight loss and /or proper way of training)

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## BACKGROUND

Since the 90's, the importance of physical activity has achieved widespread acceptance by the public, professional organizations, and medical community. In the U.S, the money spent on weight loss products is estimated to be around 10 billion dollars per year. Health and fitness are among the top 5 growing businesses for at least the following 6 years to come. This has led many business investors to invest in health clubs, SPAs, and weight loss and beauty clinics. Such investments are not only occurring in Lebanon but also in the Middle East (Saudi Arabia, Dubai, Abu Dhabi, Katar, Bahrain, Kuwait, Jordan, and Egypt).

With this fast growth, investors are continuously searching for specialists with not only a good physical and athletic performance, but also with a scientific background to work with a wide array of clients from all walks of life.

The changing needs in society, with the increasing demand for certified and qualified trainers, make the LAU Professional Fitness Certification Program a great opportunity for students who are seeking such careers.

### *Who should attend?*

- Working fitness trainers looking for high standard certifications
- Physical education students and coaches who want to improve their fitness training strategies
- Nutritionists who want to provide their clients with the most up to date training methods for weight loss and health
- Anyone interested in reinforcing his/her skills and knowledge in the field of health and fitness

### *What will you get out of the LAU Professional Fitness Certification Program?*

- A structured and rigorous coverage of the latest and most up to date practices in the science of fitness and sports training
- Important information on how to set programs for:  
Weight loss, sports nutrition, post-injury training, muscle building or toning, and athletic fitness training / Special population (elderly, children, pregnant women)/ General health and fitness
- An approach to managing health clubs, as well as selling, promoting, and marketing the products and services within
- World acknowledged certificates (LAU and SPI) that enhance existing careers or create opportunities for a new one

### *Why should you choose the LAU Professional Fitness Certification Program?*

- Leveraging on the highly skilled and professional Master Trainers with proper follow up on deliverance
- Providing rigorous university based program
- Finding a job easily upon completion of the program
- Improving the income
- Having small-sized classrooms with direct interaction with the students
- Providing flexible entry into the program and course schedule

## PROGRAM OF STUDIES

### FALL

#### **Human Anatomy**

Help the student understand how the human body is organized for a strong foundation needed to support their future working experiences in the health and fitness field. The course focuses on the study of large body structures visible to the naked eye such as the muscles, bones, articulations, heart and lungs.

#### **Exercise Physiology**

A study of the Fundamental principles and mechanisms that help explain how the body adapts physiologically to the acute stress of exercise or physical activity, and the chronic stress of physical training.

#### **Biomechanics of Weight Lifting**

This practical course is designed to provide students with detailed biomechanical information related to weight training. The student will learn teaching progressions, skill learning, proper communication and how to identify and correct common technical, problems and multi-joint free weight movements.

#### **Group Fitness Classes**

Designed to help leaders gain experience in group exercise instruction to music for teaching safe, enjoyable and effective aerobic classes.

### SPRING

#### **Nutrition for Health and Performance**

This course is designed to provide the participant both general and advanced nutritional information, for apparently healthy individuals as well as athletes.

#### **Health Fitness Training**

This comprehensive course is designed to provide the participant with the knowledge and skills needed to develop professional fitness programs for the general population.

#### **Athletic Fitness Training**

This course provides the student with the knowledge and skills needed to develop fitness programs for competitive athletes in different sports. The course focuses on advanced topics in training the aerobic and anaerobic systems, developing strength and power, planning and periodization.

#### **Fitness Management**

This course is designed to provide the student with the knowledge and skills needed to manage Health Fitness Facilities. The course focuses on providing standards and guidelines for pre-activity screening, orientation, education, and supervision, risk management and emergency procedures, professional staff and independent contractors, facility design and construction, facility equipments and operational practices.

### SUMMER

#### **Injury Prevention/Post Rehabilitation Training**

This course is designed to provide the student with the knowledge and skills needed to develop specific training programs following rehabilitation, or to prevent certain musculo-skeletal injuries. The course focuses on different exercises that could and sometimes must be given after a surgery or common injuries.

#### **Fitness Marketing**

This course teaches students the basic concepts in marketing to operate a successful business. The course focuses on providing an Understanding of marketing management, developing market strategies, and delivering marketing programs.

#### **Internship**

80 hours of supervised working experience to help students start a professional career in fitness, by applying in the real world all the knowledge acquired throughout the program.

#### **Schedule and Fees**

- 1 year program, 3 semesters/year
- 3 to 4 courses per semester
- Total of 11 courses
- 42 hours, or 14 weeks per course
- Courses are given once per week from 2:00 - 5:00 PM
- \$ 850 per course

#### **Policies**

- Entry to the program can occur at the beginning of any semester. The LAU Certification is only given upon the completion of all 11 courses.
- Students failing one module after not fulfilling all requirements will be asked to repeat the module to fulfill the certificate requirement. Running course modules are subject to course availability.
- Up to 3 previously taken SPI courses would be credited towards the LAU Fitness Program provided valid proof of certification and a passing grade above 80 with the full review from the LAU fitness program coordinator.
- Students enrolling in the whole program will only pay for the first 10 out of 11 modules. The total cost of the program will then be 8,500 \$ with a total saving of 850 \$.