

# PROPTA

The Professional Personal Trainers Association<sup>®</sup>

## CAREER EDUCATION CERTIFICATION CATALOGUE

*A Better School of Fitness and Nutrition Education since 1980*

Available in 6 Languages & 183 Countries Worldwide



Accredited  
Approved  
Endorsed  
Recognized

*The World Leader in Fitness and Nutrition Education and Practical Application Certification.*



**Sagi Kalev**

PROPTA Hall of Fame  
PROPTA Master Director  
Certified Nutrition Specialist CNS\*

**THE BODY BEAST**

Jason Ellis Photography



**Worldwide**  
Official Certification of the  
"NFL" National Fitness League<sup>®</sup>



**Worldwide**  
Officially Endorsed by the  
IFBB PRO LEAGUE<sup>™</sup>



## About PROPTA

The Professional Personal Trainers Association was founded in 1980 by **Joe Antouri** “Mr. USA”, and provides an impeccable certification credential that is highly respected and recognized by the State of California



and in the fitness industry with more experience and Practical knowledge then else where or other organization. PROPTA is Accredited, Approved, Endorsed and Recognized Worldwide by many colleges and Universities in 6 languages. Currently PROPTA is present in over 183 countries.

***PROPTA is the Official Certification of the National Fitness League, Officially Endorsed by the IFBB PRO League Worldwide Official Certification Authority. Approved by the GI BILL & the California State Approving Agency for Veterans.***

In 1980, there were very few personal trainers roaming the clubs. The club owners and professional athletes were considered the elite in physical fitness. This is when PROPTA was established by the PROS. Fitness and bodybuilding was considered an unconventional sport, who knew those days would turn the whole world around to make such a huge impact and become a multi billion dollar industry. Bodybuilding and Nutrition was and still is a specialty. Not every personal trainer that is certified is qualified to perform and obtain results.

PROPTA will make sure that every student will be supported to successfully achieve their goal and have a successful career and business.

Whether you want to work for yourself, a club or a company, knowledge and understanding of proper application and proper biomechanics is very important to you and your business. Personal Fitness trainers are the future of this world and they're being recognized as the driving force behind health and prevention for all ages.

There are limitless resources of new clients and new information every minute of the day, as long as you, the trainer is willing to do the work and grow your business. Commitment to success does not come easy, and earning the personal fitness certification is not easy either.

Weekend seminars or online course will never allow anyone to succeed, and neither by obtaining a piece a paper that indicates that you are certified.

# CREDIBILITY

# Accreditation and Affiliations



## IFBB PRO LEAGUE

In recognition of its high standard of Excellence in fitness education, PROPTA is Officially Endorsed by the IFBB PRO League Worldwide. For over 30 years, PROPTA has an unsurpassed reputation as a quality educational institution for physical fitness training. PROPTA certification programs are the gold standard for Personal Trainers and are recognized by distinguished regulatory organizations.



## California State Approving Agency

CSAAVE The State of California Approving Agency for Veterans Education has Granted PROPTA, The Professional Personal Trainers Association an approval for Personal Trainers courses, Nutrition courses, Academy 3 & 6 week courses, Home study courses.



## GI Bill Approved

Active Military, Veterans, National Guards, reservists and Eligible dependents may use the GI Bill education benefits to cover the cost in full 100% for most of the PROPTA education certification programs exam fees worldwide.



## NFL\* National Fitness League®

The Newly formed National Fitness League has recognized PROPTA for its high academic standard and loyalty in proper biomechanics education as the leader in fitness and nutrition education in the United States of America and Worldwide and have chosen the PROPTA to be the Official Certification of the National Fitness League. The NFL National Fitness League is a Registered Trade Mark.



## PROPTA Objectives

- Ensure Proper Education
- Ensure Proper Practical knowledge
- Provide Affordable, Effective education
- Provide convenient, comprehensive research
- Offer a well respected Certification
- Ensure competence and Professionalism
- Support for all students at no charge
- Inform and disseminate fitness information

## Education & Reference Manuals

**PROPTA Global  
Manuals in 6 languages  
183 Countries**

- English
- Spanish
- Korean
- Chinese
- Finnish
- Polish



PROPTA education material provides the fundamental exercise science that bridges the gap between experience and education by the GURUS of Fitness. Education and experience that all personal trainers need to become successful Personal Trainers with proper education, discipline and proper practical bio-mechanically safe application.

## Why Choose PROPTA

Freedom to do and enjoy what you do is important. Enjoying your work and benefiting from the upside is what PROPTA supports and teaches every student. Owning your business has more benefits that you can imagine. Whether just starting out or growing you business as a personal trainer or a nutritionist, PROPTA will provide you with the most comprehensive education and business tools and most importantly support even after graduation. PROPTA is the only organization that will answer your questions face to face, on the phone or by email. Try it and you will be shocked how much we care about our students.

**PROPTA Phone Direct 800-317-3577**

# CAREER IN FITNESS AND NUTRITION



The Personal Trainers Association offers Certification course programs that seek to develop the critical, analytical, practical and communicative skills of the Personal Trainer of tomorrow by taking advantage of the most advanced theories, applications, and educational tools originally developed by Professional Athletes for today's world of fitness and nutrition.

Designed like no other to meet the special needs through a wide range of cutting edge professional systems.



Students interact with some of the nation's leading experts, using guided instruction and directed work experience by the leaders, the professional athletes.

The student can emphasize individual in depth interests and more comprehensive view of the fitness and nutrition field. You have the talent and the energy to achieve your career dreams.

Now you need a high-caliber education to develop the knowledge, skills, and insights that will let you guide your organization to success in a Global environment that will widen your horizons and enhance your career in this fast changing world "the future".

You will have the opportunity to hone your decision making and leadership skills as an Elite Personal Trainer.



# PROPTA WORLDWIDE



# ADVANTAGE

THE PERSONAL TRAINERS ASSOCIATION "PROPTA"

## Find Success in an Unstable Economy



PROPTA has been Officially Endorsed by the International Federation of Bodybuilding supported Worldwide as the official certification to the IFBB PROS. Currently operates in over 183 countries in 5 languages, and over 500 professional athletes educating students in the field of fitness and nutrition. You may choose any professional athlete to help you get

What makes PROPTA different than the others is that PROPTA is the first to implement practical application as part of its certification courses. PROPTA practical is what makes a personal trainer successful. With over 500 professional athletes on staff worldwide, students must pass practical exams proctored by a PROPTA professional athlete Director-examiner. Written exams are not enough and weekend courses will never apply to any certification course that PROPTA offers.



PROPTA is Global and recognized for its high standards worldwide as the leader and the most complete education program school by distinguished academies and universities in many languages.



[www.propta.com](http://www.propta.com)

800-317-3577

[info@propta.com](mailto:info@propta.com)



## **PROPTA**

Is for anyone who wants to challenge themselves by leaving the ego behind to learn from the PROS. Training people is a science that involves proper biomechanics, proper nutrition, proper attitude and a lot of patience.

**There is no substitute for an experienced partner**

## **Registration Procedure**

The first step toward your certification is completing the application online at [www.propta.com](http://www.propta.com). Fees will be applied online for proper processing. After approval and acceptance in the program, you will receive your study material through the mail, along with the written exam and all necessary instruction. A letter of instruction will be included to read and follow for smoother processing and completion of the certification program. No Faxes will be accepted for applications.

## **Program Fees**

The fees (in US Currency) should always be submitted with the application to ensure proper handling. You may pay with a check, money order, cashier check or with a credit card online. For faster processing register online.

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[www.propta.com](http://www.propta.com) - e-mail: [info@propta.com](mailto:info@propta.com) - 800-317-3577

## Manual & Material Fees



Materials for all certification courses are included in the fee. No extra fees for books or material are applied. International fees maybe applied for shipping and handling.

## Payment Plans



Payment Plans are available to all national courses without any extra fees.



## Enrollment Procedure



Upon Acceptance into the program, your material will be mailed to you via mail.

It is recommended that you study the materials before taking your written and oral exam. All the questions in the exam will be from the materials provided by PROPTA.

You are allowed a certain time for studying and completing your written exam. If the time expires, a fee will be applied. PROPTA courses are real just like a regular school, college or University. All students must abide by the rules, NO EXCEPTIONS.

All information, rules and regulations will always be included with the materials sent to you after you are accepted into the program along with the books. You must read all rules and regulations to smoothly complete your course of study.

PROPTA support is available by email or phone for any questions in regards to the course of study and practical applications at no charge. NO faxes will be accepted from anyone for any purpose.

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# IFBB PROS



IFBB PRO  
Mr. World  
Charles Glass

Have an IFBB PRO of your choice certify you. Yes its true, because PROPTA has over 500 Professional Athletes from IFBB PRO men and women, UFC and MMA fighters, Football, basketball, track and field, Boxing and Kick Boxing World Champions and many others that you can choose from.

Depending on your Geographical location, PROPTA will schedule your One On One certification course with any PRO that is located near you.

Oh, did you want to workout with a PRO? Well, yes we can arrange that also.

Many students prefer to study and observe the PROS at work. PROPTA can arrange that too.

You must register for any course and you will get the chance of a life time.

Students from all over the World travel to meet and learn from the GURUS of Fitness and Bodybuilding.

If you have registered for a course, you will be tested and instructed by the PROS. All registered or unregistered students must contact PROPTA corporate office to schedule a meeting.

Mr. Universe, Mr. America, Mr. World - Mike Sable



IFBB PRO  
Larissa Reis



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# COURSE CURRICULUM



## **PROPTA Home Study.**

Home study is available for students who wish to complete their studies at their own pace with unlimited access and free toll free live support phone or email. This support is available during and after course completion at no additional charge. Life time support is provided to all certified PROPTA trainers at anytime.



## **PROPTA Online**

Online study is well organized and accessible at anytime from anywhere which makes it possible to start at anytime and study at anytime. Students are provided a secure access to the course that will provide all the material needed including the e-book, e-exam, e-videos, e-quizzes, e-glossaries and practical exercise library.



## **PROPTA Personal Trainer Levels**

It is applied according to your experience and education. Level 1 qualification is a high school Diploma, Level 2 "Advanced" is an Associate degree and level 3 (Professional) is a bachelor degree for any health sciences background. Also level 1 can be a step to level 2 and level 2 a step to Professional. No time limit to qualify.

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# Specialty COURSES

## Nutrition

Nutrition science investigates the metabolic and physiological responses of the body to reach and maintain proper health. With advances in the fields of molecular biology, biochemistry and genetics, the study of nutrition is increasingly concerned with metabolism and metabolic pathways.

The human body contains chemical compounds that need to be monitored for optimum results.

As a Personal trainer, Nurse, Doctor, Coach, it is a must to include nutrition with every program you offer to clients. Without nutrition, the clients will never reach the set goals and will be stagnate forever.

PROPTA professionals know best how to get and stay healthy. Maintaining a proper education is crucial to maintaining a healthy business and a healthy client.

PROPTA offers 5 levels of courses for nutrition as a specialty. Starting with level 1 as a basic understanding of the basic elements for nutrition - then advancing to other levels will set the ground for a successful and professional presentation to work with professionals like doctors and professional athletes of all kinds even kids.

On going support is always available even after graduation for a more competent and secure position.

**PROPTA offers 5 levels of nutrition:**

Nutrition Tech "CNT", Consultant "CNC", Supplementist CS", Supervisor "NS",  
Nutrition Specialist "NS"



# Nutrition Courses

## Nutrition Tech™



The First step in learning the functions and understanding the body digestive system is enrolling in the Nutrition Tech Certification course. The basic elements that you thought you understood, will be explored and dealt with on a day to day basis. This course is a must for all personal trainers to obtain an understanding of Human Nutrition to help set realistic goals.

## Nutrition Consultant™

This Certification course provides students with a grounded approach to working with primary care providers to design diet and nutritional programs for athletes and work with primary care providers to help patients with previously diagnosed injury or illness. Appropriate findings and metabolic assessments are introduced to enable students to be more targeted in educating clients on appropriate therapeutic foods, supplements and nutrition



## SUPPLEMENTIST™

This Certification course provides students with the knowledge about Vitamins, Minerals, Herbs, Supplements and introduces the importance of Drugs and Vitamins interactions combinations. A must for every nutritionist wishing to deal with consumers on all levels.



# NS\* Nutrition Supervisor™

This Certification course is required to insure the cumulative education and knowledge obtained from the Nutrition Tech, Consultant and Supplementist Certification courses. Supervisor course will sum up and revisit all the elements needed to proceed to the NS\*® Nutrition Specialist® level.



## Nutrition Specialist®



A Nutrition Specialist NS\*™ will develop dietary programs and supervise the preparation and service of meals in hospitals, clinics, Fitness Centers and private homes that serve patients in need for proper nutrition. Nutritionists with specialized training and experience often seek a Nutrition Specialist NS\* credential to emphasize their Elite additional skills in their field.

PROPTA issues the credential to nutritionists who meet a set level of experience, knowledge and skills. Attaining this certification will allow professionals an additional level of format recognition that supersede all prior levels. Experience and passing an extensive examination and clinical application is required above the required education. Qualifications will depend on the advanced degree in nutrition or prior nutrition certification courses offered by PROPTA or others with over 5 years of hands on experience.

Advanced degree is required but not limited to MD, ND, DC, DPM, DDS, OD, DPT, Pharm. D, RN, NP, PA and Athletes with a Nutrition Degree.

Enrolling in the PROPTA course curriculums you must start with the basic level - The Nutrition Tech™ course then Nutrition Consultant™ then Supplementist™ then Supervisor™ with experience and proper schooling to attain the Nutrition Specialist NS™ status. Clinical hands on for all courses will be mandatory on all levels.

**“NS” Nutrition Specialist™**  
Trade Mark owned by the PROPTA.



# Advanced Training

## Master Trainer™



To achieve the Master Trainer level, one must have a bachelor Degree in the field of human science from an accredited University, achieved the Professional level trainer status and 10 years of hands-on experience, this could also apply to all professional athletes from any sport.

Earning a certification will never be a qualification to becoming a Master Trainer, since education alone is not sufficient.

As a Master Trainer you are automatically inducted in the PROPTA Hall of Fame and you will be able to certify trainer worldwide. PROPTA will guide you thru the process of becoming a Director/ Examiner that will earn you money and improve your business.

Seminar speaking and educating students to becoming trainers will place you on a higher level from the rest of any trainer anywhere. PROPTA Master trainers teach at Universities and colleges around the world, educate and Certify anyone that is interested in becoming a PROPTA member.

## Hall of Fame

Master Trainers are automatically inducted in the PROPTA Hall of Fame. They will be featured on the website and recognized worldwide. Not anyone can be inducted unless they have the proper credentials and experience. The Hall of Fame induction is strictly the PROPTA decision on who should be awarded.



## Nutrition Certification course

As a personal trainer you must always know nutrition to help your clients reach their goals. This course blends nutritional science and clinical application to successfully guide you to help your clients. An understanding on what protein, carbohydrate, fats are and how the body process them.

## Group Dance & Fitness Certification course

As a personal trainer, having a broad understanding on fitness and cardiovascular training will definitely keep your clients from getting stale. This course will implement Group Dance, Fitness, Hip Hop, Latino, Jazz, Aerobic, High and Low impact. Workshop courses and lectures are available for a better understanding.

## Mix Martial Arts Certification course

Seeing your clients everyday will not improve their condition unless you apply different forms of exercise along with proper nutrition and weight lifting. Mix Martial Arts is booming now and PROPTA has the Elite MMA and UFC professional fighters along with many boxing and kick boxing world champions.

## Power Lifting Certification course

Incorporation Power Lifting will improve muscle density and metabolism. PROPTA Power Lifting is not for everyone. This course will be taught by professional power lifters and world champions. Practical application is a must for a safe and better understanding .

## Senior Fitness Certification course

Each Year scientific evidence accumulates to prove that Fitness and weight lifting is a crucial element in senior health. The demand is high for qualified and certified personal trainers. This course implements strength training, balance, coordination, flexibility and nutrition.

## Youth Health and Fitness Certification course

A new perspective in elementary physical education and proper nutrition for a strong and healthy growth along with education that will last a life time. As a personal trainer this course is unique since you will be dealing with youth and young adults.

## Boxing Fitness Certification course

To improve cardiovascular fitness and add confidence along with balance, speed, agility and quickness, boxing is the perfect sport to implement as an exercise. Not to mention Fat reduction. Get Certified by the Professional Boxers with many years of training.

**ALL PROPTA COURSES ARE TAUGHT BY PROFESSIONAL ATHLETES WORLDWIDE.**

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# **Get Certified by Professional Athletes™**

## **One on One**

Currently PROPTA has over 500 Professional athletes on staff worldwide from Bodybuilders, Fitness, Mix Martial Arts, Boxing, Kick Boxing, Basket Ball, Power Lifting, Aerobic, Dance, Cyclists, Marathon that are ready to teach and certify you.

Any student that wishes to train and get educated and certified by PROPTA PROS will have an advantage. These PROS have dedicated their lives to becoming the best athletes in the world, and to spend time with them is a blessing.

What you don't know is that the PROS have educated themselves not only in sports but with degrees from Universities from all over the World.

All PROPTA programs will involve a PRO athlete to insure competency and proper education and practical application.

Learn now from the PROS at PROPTA. Call us to register and meet whom ever you would like to meet. They will certify you too.

## **One on One Academy courses**

The Academy course is a group class that will last for either 3 weeks or 6 weeks depending on the subject. All academy courses include lectures, written exams, quizzes, and hands-on practical application. Academy courses are very convenient to attend since they are scheduled on weekends only.

# 3 or 6 week Academy courses

The Academy 3 or 6 week course is a great start for anyone to refresh, advance or become a personal trainer and/or a nutrition Tech. This is an intensive 3 or 6 weekends, Weekends only

The curriculum divided among practical application training and in-class study comprised of lectures, class discussions and guest speakers that include Professional athletes, business executives, Doctors, Nutritionists that are affiliated with The Personal Trainers Association.

#### Included in this course:

- Business for Personal Trainers
- Strength Training
- Preventing Injuries
- Proper Stretching
- Improve Balance, Flexibility, Mobility, Stability.
- Train anyone for any Sport Safely.
- Proper Spotting
- Proper Biomechanics
- Sales Techniques and Presentation



**Academy courses are held Worldwide by PROPTA PROS.**

A student can register to take either the personal trainer course or the nutrition course or both. Please visit our website or call the corporate office at 1-800-317-3577

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# Online Courses & CEU

Online instructional Videos are taped live with Professional Athletes lecturing, demonstrating and instructing. PROPTA offers a wide array of instructional videos related to health, fitness, sports, optimal performance, senior fitness, Proper Biomechanics, nutrition, and so much more.



PROPTA videos and online courses can also be used for education credits for advancing any certification level.

CEUs are also available online and can be done at anytime from anywhere. Many titles and subjects to learn from. By accumulating 10 CEUs a year, you may advance to a new level every 2 years without re-certifying.

Please call the corporate office for more info on advancing your career.

## DVD Certification Courses

PROPTA offers a complete line of certification courses for Personal trainers and Nutrition on DVD and online. A complete home course study and even the Academy 6 week or 3 week lectures are available on DVD, from personal training and nutrition to adults fitness and even business.

PROPTA has the only practical DVD for proper biomechanics for the Masters. This DVD is secret for safe and quick results. Never seen on the Market.



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# Advanced Examinations

Active PROPTA trainers can earn the Professional or Master titles without enrolling in the Professional and Master programs. Here's how.

## Professional Status



*Examination that assess competency in the following:*

- 5 years hands-on experience as a PT
- PROPTA Nutrition consultant certification
- PROPTA Certified Personal Trainer
- PROPTA Senior Fitness Trainer
- PROPTA Youth Health & Fitness Trainer

Examination fee \$249.00 USD

## Master Status



*Examination that assess competency in the following:*

- 10 years hands-on experience as a PT
- PROPTA Nutrition Specialist Certification
- PROPTA Certified Professional Personal Trainer
- PROPTA Senior Fitness Trainer
- PROPTA Youth Health & Fitness Trainer

Examination fee \$499.00 USD

PROPTA Professional & Master Trainers are qualified to teach and certify trainer in scientific principles and nutrition worldwide. Now that is Status.

# Practical Application Exam

The Practical Application exam is mandatory to ensure competency and proper biomechanics application.

PROPTA is the Only Certification Organization in the world to have this exam as part of all curriculums from the beginning since the early 1980. To obtain your certification whether it is Personal training or Nutrition, a practical exam is mandatory.



The hands-on practical examination will be supervised by a professional athlete director/examiner. Be prepared to stand out.

## Clinical Hours

Clinical hours are applied to all certification courses. All students must spend 20 hours of practical by assisting directors-examiners during live sessions with their clients. Clinical hours could be obtained from as many directors at anytime, for variety and different views for a well rounded understanding of the course.

PROPTA clinical hours are also mandatory and must be done prior to obtaining any certification even if you have passed your written and practical exams.



Clinical hours are free as part of all PROPTA courses. Practical application is the key to success. Anyone can pass a written exam or an online exam. Let's see what you can do.

# The PTA™ Apprenticeship Program

## Learn, Earn and Succeed \$\$\$

The PTA™ “Personal Trainer Apprenticeship” is a combination of on the job training and related classroom instruction in which personal trainers and nutritionists learn the practical and theoretical aspects of a highly skilled occupation. Apprenticeship programs are sponsored by joint employer and labor groups, individuals employers and/or employer associations.



Employers include fitness centers, nutrition stores, diet centers, doctors offices, schools, colleges, Universities, government recreation and parks, professional personal trainers, dietitians and hotels.

Applicants must satisfy the employer sponsor and have the ability, aptitude and education to master the rudiments of the occupation and complete the related instruction required in the program and finally pass and get certified.

## Internship for CEUs

CEU's “Credit Education Units are required and can be obtained also by interning. The Professional Personal Trainers Association has implemented this new program for students that like to get hands on training while learning from the PROS. Students can attend and observe and even get involved in assisting the PROPTA director, a professional athlete with their clients.



Gain knowledge and learn proper biomechanics hands-on from the PROS. That's what PROPTA is all about. That's why PROPTA is unique and different from all the rest.



## Skype Certification courses

Become a Certified Personal Trainer or a Nutrition Tech from any country. Start anytime with One on One or Group lectures and Real Practical Via the convenience of SKYPE.

This is NOT a taped lecture, it is the real One on One or Group real time classes at your convenience. Live lectures and real time communication that can enhance the learning experience from around the world.



Meet the PROS behind the books and experience face to face learning and practical application instantly over SKYPE.

## Food Handlers Certification

The food handlers permit is not only for people dealing with food preparation but for everyone that deals with food on a daily basis, that's the whole world. Everyone does prepare and eat food of course, but not everyone understands the proper way to prepare food to avoid contamination.



Personal trainers and Nutritionists deal with clients and their food all the time. Clients will benefit as much as the personal trainer from proper food preparation. As a trainer, don't you want your client to be healthy and show up to all training session and attain results all the time?

At PROPTA, food handlers certification is mandatory to all students and must be obtained prior to receiving the certificate.

# Tuition, Testing, and Course Completion

Course tuition includes all required textbooks, study guides, examination, practical application and ongoing educational support by e-mail or by phone appointment.

For Home course and online course study you have 90 days from the date of enrollment to fulfill the course requirements. A fee will be applied for late exams or re-instatement of any course.



Once you completed the course you will be issued your certificate and a wallet identification card. PROPTA certification is valid for two years and is renewable by completing continuing education either online or attending other available lectures, hands-on practical clinics, academy 3 or 6 week classes.

PROPTA provides many specialization programs and individual CEU courses that will help you advance and obtain a higher level status.

**NEED Help while you study or after you're certified?** All PROPTA students have unlimited access to our toll-free help line at 800-317-3577 or by e-mail at [info@propta.com](mailto:info@propta.com)

## Pre & Post - Support

PROPTA is dedicated to your success. Support during and after certification is always available to the members.

PROPTA support by phone and e-mail is Unlimited and for FREE. Questions on the exam, on business, on new clients, new forms, new ideas, anything that comes to mind to grow your business. Try us so you can be convinced.



**PROPTA**

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