



PROPTA - Professional Personal Trainers Association
CAREER INSTITUTE FOR FITNESS & NUTRITION CERTIFICATION
Beverly Hills, California
TEL: 818-766-3317 Email: info@propta.com

PROPTA Inmate Education.

PROPTA offers 4 courses approved for inmate in Federal and State Prisons.

1. Personal Trainer Certification course (\$445.00 USD) in English or Spanish
2. Nutrition Tech Certification course (\$445.00 USD) in English or Spanish
3. Sports Performance Nutrition Certification course (\$445.00 USD) English or Spanish
4. Sports Periodization Specialist Certification course (\$445.00 USD) English only.

The success and comprehensive nature of the Inmate Programs is due largely to the leadership of the Administration. The top managers of the facility consistently emphasize values of personal responsibility, individual growth and provide the backdrop for this unique curriculum.

Thousands of inmates have spent hours learning and developing skills that will serve them in the future and provide the skills required to get and maintain employment. This training is a key ingredient to success upon release. That's why learning a viable trade is so vital. When offenders learn an in-demand skill, it empowers them to one day become qualified employees, or even self-employed proprietors of their own businesses. Being able to support themselves helps keep former inmates on the path of a law-abiding life.

Being employed instills a sense of purpose and self-esteem. PROPTA offers Certified Personal Trainer, and Certified Nutrition Tech courses and Certified Sports Performance courses. The Professional Personal Trainers Association PROPTA has been successful in assisting inmates to complete and implement federal prison education courses. It is rewarding to be part of improving the quality of life for hundreds of inmates, and teach them the responsibilities needed to be a confident and responsible citizen that contributes to the community in a positive way.

COMMUNICATION VIA COORLINK OR GETTING OUT SYSTEM FROM ALL PRISONS WITH ANY INMATE INTERESTED IN PROPTA EDUCATION AND CERTIFICATION.

All courses will have an additional fee for shipping and handling. Location defer on fees for shipping. Each course fee is \$ 445.00 USD + Shipping and handling ?

How To Get Started

PROPTA provides the following courses for inmates to any Federal & State Prison:

- Personal Trainer Certification Course - CPT
- Nutrition Tech Certification Course - CNT
- Sports Performance Nutrition Certification Course - CSPN
- Periodization Specialist Certification - CSPS

✓ What is included

- Books and Exam on Paper
- Certification issued while in Prison
- Certification Renewed upon Release from Prison for FREE of charge
- Access to courses upon release from Prison / Included
- Free Support upon release from Prison / Included

✓ Information Needed for Proper Registration

All registrations must be completed online. The links for Registration are on the right side of this page.

- You have the option to pay in full or in a Payment Plan.

Info needed for registration:

- Inmate Prison Number
- Inmate Prison Address for shipping

✓ Payment and Fee / Payment Plans are Available

- Payment Plans are available.
 - (2 payments of \$ 246.00 USD) or (3 payments of \$ 164.00USD)
 - This include the shipping and handling
- Payment can be submitted via Prison
- Payment can be submitted via Family or Friends

Federal or State Prisons do not pay for any education for any inmate.

✓ When can I Start ?

Start anytime you are ready.

- **Registration must be processed online.**
- Inmates are not allowed to access the internet while incarcerated, a family member or friend can process the registration and pay the fee and we will do the rest.

✓ Is there a time limit on the inmate PROPTA courses?

Inmates will have 90 days (3 months) to complete the PROPTA-CPT or the PROPTA-CNT course and exam.

- All courses have 90 days to complete. That means, the exam must be submitted within 90 days to the PROPTA office.
- PROPTA does take into consideration the time it takes to mail the written exam to our office. No Penalty assessed.

✓ How is the exam administered?

All exams are done on paper because inmates are not allowed to access the internet while in prison. So we send them the exam on paper. Inmate can write legibly or type the exam.

✓ What happens after the exam is submitted?

PROPTA staff will correct the exam within 7 days of receipt. PROPTA will issue a Conditional Certification considering the score is 90% or better.

The Certification will be sent directly to the inmate in prison.

✓ What are the Conditions on issuing the Certification?

Inmates may be expected to be released in the near future and PROPTA take this into consideration,

- **WHY?**

Because we feel that the time spent in Prison while certified is not constructive and the inmate is not working and earning money.

So, upon release from Prison, inmate must contact PROPTA to submit his or her updated Government Driver's license so we at PROPTA can RE-ISSUE a newly updated with a new date, giving the inmate a new start with a new updated dated PROPTA Certification.

Remember that all Certifications are only valid for 2 years, and since the inmate is in prison, partial time of the 2 years is not used constructively to earn money. So the New Updated Certification will add value and time to start a new life after prison.

✓ What are the prerequisites for Inmate PROPTA courses?

- One must have a GED or High School Diploma.
- One must be committed to spend the time and effort to study and pass the exam.

✓ What Happens after the Inmate is released from Prison?

- Inmate must contact PROPTA office and submit a new updated Government Drivers License or ID to update the Certification.
- A new Certification with a new date will be issued and sent to the Inmate New Address / **FREE OF CHARGE** to conserve the 2 years validity.
- Online refresher courses online access for Inmate to review and refresh their study / **FREE OF CHARGE**
- Phone support / **FREE OF CHARGE**
- Business forms / **FREE OF CHARGE**



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Cell: 818-970-8618

Course Objectives:

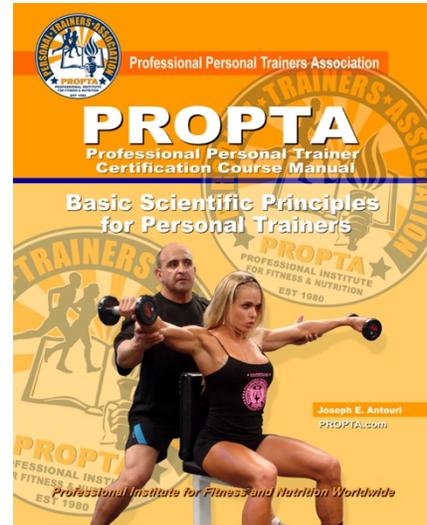
Personal Trainer Certification Course / FEE \$ 445.00 USD

The Personal Trainer Course with an Academy curriculum divided between practical application training and in-class study comprised of lectures, class discussions.

Students will be introduced to Kinesiology and Exercise Physiology, Resistance and Free weight training, Anaerobic and Aerobic training, Hands on Proper practical application, Flexibility and stretching, designing exercise programs, Adult and Older fitness, Business application and legal issues, Body fat testing and measurement and more. Upon passing all the required tasks, a certification will be issued.

The course will include in-depth lecture & practical application on the following:

- Exercise training
- Muscle physiology & exercise physiology
- Endurance & resistance training
- Warm-up categorization
- Muscle Structure & Function
- Body structure groups, skeletal structure & function
- Classification of Joints
- Reference Planes
- Tendons & Ligament Distinction
- Musculoskeletal system
- Eccentric & concentric contractions
- Advanced training
- Safe stretching
- Proper form & performance
- Muscle fiber
- Exercise Physiology
- Principle system of the Human Body
- Proper Bio Mechanics
- Blood
- The effect of hormones
- Training in cold weather
- Training at high altitude
- Sarcopenia
- The business of personal training





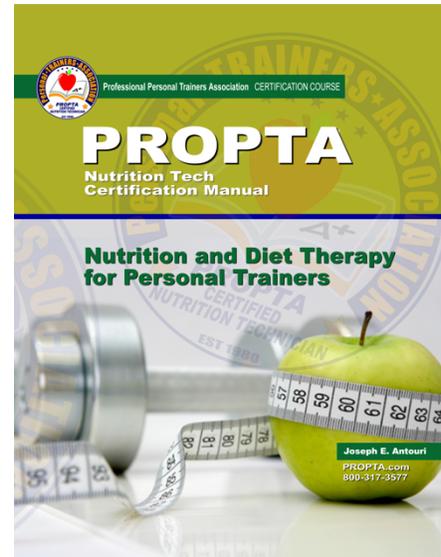
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Nutrition Tech Certification Course / FEE \$ 445.00 USD

The Nutrition Tech Certification Course offers a comprehensive curriculum blending practical application training with in-class study, including lectures and class discussions.

Course Objectives:

This course provides insight into digestion, along with a thorough understanding of protein, carbohydrates, and fat. Essential nutrients are explored for maintaining a balanced and healthy lifestyle. Topics cover the functions of vitamins and minerals, portion control, and guiding clients on basic nutrition principles. Participants learn how to interpret food labels, optimize meal timing for performance, and achieve fat loss without muscle loss. Upon completion of required tasks, exams, and practical application clinical hours, participants receive certification. The course duration is 90 days, with a passing grade of B required for certification.



The course will include in-depth lecture & practical application on the following:

The human Digestive System

Human Digestive
Functions of Digestive System

Basic Nutrition

Protein Amino Acids
Carbohydrates
Vegetables
Fats
Vitamins/Mineral

Human Perform

How to increase Metabolism
Alcohol
Fluid Replacement
Diets & Will power

How the Glycemic works

Blood sugar
What is GI index
Fat Storage
Water retention
Digestion Timing & time



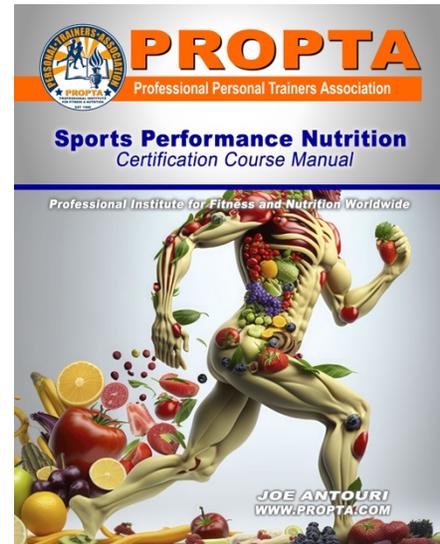
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Course Objectives:

Sports Performance Nutrition Certification course / FEE \$445.00 USD

Sports performance nutrition encompasses the science and application of fueling the body to maximize athletic performance. It entails comprehending how various nutrients impact the body during physical activity and utilizing this knowledge to devise customized nutrition strategies for athletes. Essential for athletes at every level, proper sports nutrition can amplify endurance, strength, speed, and overall athletic prowess, while facilitating quicker recovery and mitigating injury risks.

Proper sports nutrition is essential for athletes of all levels, as it can enhance endurance, strength, speed, and overall athletic performance while also promoting faster recovery and reducing the risk of injuries.



Here's what you'll learn in this course:

- Macronutrition
- Micronutrition
- Hydration
- Timing and Composition
- Supplements
- Individualization
- Eating Disorders & Mental health



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Certified Periodization for Sports Specialist – CSPS / \$ 445.00 + S & H.

Course Description

This course provides an in-depth study of periodization—the systematic planning of training programs to maximize performance, promote adaptation, manage fatigue, and reduce injury risk. Students learn to apply structured training models used in professional fitness and sports performance environments.

Course Objectives : Upon successful completion, the student will be able to:

- Explain the principles and purpose of periodization
- Design structured short-term and long-term training plans
- Manipulate training variables to improve performance and recovery
- Apply professional programming models safely and effectively

Prerequisite

PROPTA Personal Trainer Certification or equivalent approved coursework.

Course Content Overview

1. Foundations of Periodization and Training Adaptation
2. Biological Principles of Stress, Recovery, and Supercompensation
3. Training Cycles: Macrocycles, Mesocycles, and Microcycles
4. Volume, Intensity, Frequency, and Load Management
5. Linear, Non-Linear, Block, and Undulating Periodization Models
6. Strength, Hypertrophy, Power, and Endurance Programming Phases
7. Fatigue Management, Recovery Strategies, and Injury Prevention
8. Seasonal and Non-Seasonal Training Applications
9. Long-Term Athlete Development and Program Progression
10. Professional Responsibility, Client Safety, and Ethical Programming

Assessment

Written examination and applied programming concepts.

Outcome:

Graduates gain advanced programming skills used in sports performance and professional training environments.

Credential Earned:

Certified Sports Periodization Specialist – **CSPS - PROPTA**

PROPTA is a global authority in fitness, strength and conditioning, and nutrition. Our resources are available in eight languages, offering individualized education and training. Choose from home and online study courses, as well as intensive 6-week and 3-week academy programs led by professional athletes and industry pioneers. Our comprehensive materials are accessible in both hard copy and digital formats, widely available in bookstores and on Amazon worldwide.

