



International Personal  
Trainers & Fitness Academy  
國際康體專才培訓學院

## Resistance Training Specialist® RTS Level-1 Certification (Zoom Live)

### Background

RTS was effectively founded in 1989 by Tom Purvis when he began his involvement as a founding instructor of NASM - the world's first international Personal Training Certification. He was soon joined by Dr Mark Slavin, NASM's first International Director. RTS was formally formed in 1997 when the two left NASM, and RTS Mastery has since evolved from a 4-hr lecture to a 200hr online study + 9 day live course.

To keep RTS accessible internationally, RTS Global delivers foundational courses locally in various markets. Insert Educator X's background here.

Insert Educator X's credentials here.

### RTS Level 1

An educational curriculum designed to empower and encourage objective decision-making in the design and delivery of exercise, based on continual assessment of the individual client's needs, goals and tolerances.

While this course serves as an introduction into the RTS science and principles, by industry standards Level 1 is an advanced syllabus and perspective, and a great place to start even an experienced exercise professional's education in Exercise Mechanics.

The course is valid for:

- 1.9 ACE CECs
- 2.8 NASM CEUs

### Expertise



**Dr Mark Slavin**  
International Director - RTS Global  
Doctor of Chiropractic Medicine



**Tom Purvis**  
Founder of RTS Physical Therapist





### Introduction Seminar | Zoom Live | 4hrs

- Key philosophies behind defining exercise and the thought processes behind analysing and designing exercise for individuals
- The Exercise Continuum
- The 4 steps of Mechanical Analysis
- The Exercise Equation
- How the questions "Who? Goal? Have, Own & Tolerate?" dictate the appropriateness of exercise design and selection
- The Fundamentals of Physics

### The Video Series | Online Pre-recorded | 12-15 hrs

- Anatomy, Joint Functions and corresponding Muscle Functions
- The Anatomy of the Spine
- Identifying and Training all Spinal Motions
- Anatomy of the Hip & Knee
- Training All Single Joint Lower Body Functions
- Training All Multi Joint Lower Body Functions
- Anatomy of the Scapula, Glenohumeral Joint & Elbow
- Training All Single Joint Upper Body Functions
- Training All Multi Joint Upper Body Functions





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### The Practical Sessions | Live @ IPTFA | 20hrs

- Friday | 11am-5pm
  - Saturday | 12pm-6pm
  - Sunday | 9am-5pm
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- Taking all of the thought processes and the theory of anatomy and physics learnt in the video series and applying it to the analysis, setup and execution of exercises for specific goals.
  - Through practising application of these thought processes and science repetitively to various body parts trainers learn to "see" the forces involved in exercise and understand the process of identifying joint axes and machine axes to create more congruent movements. The practical course also covers:
    - ◆ An Introduction to Equipment Analysis
    - ◆ Machine Variations and Optimisation
    - ◆ The Art of Coaching & Being Coached

**Course fee:** HKD 7,500 / US 962

**Enquiry:** (852) 2345 6286      E-mail: [info@iptfa.com](mailto:info@iptfa.com)

**Website:** [www.iptfa.com](http://www.iptfa.com)

**Registration :** [http://www.iptfa.com/en/course\\_detail.php?cid=104&nid=91](http://www.iptfa.com/en/course_detail.php?cid=104&nid=91)



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