

**DO WHAT YOU LOVE! LOVE WHAT YOU DO!  
MAKE A LIVING HELPING OTHERS REACH THEIR GOALS  
AS A  
COGI ATHLETIC  
CERTIFIED PERSONAL TRAINER**

**COGI ATHLETIC CERTIFIED PERSONAL TRAINER COURSE**

The Cogi Athletic Certified Personal Trainer Course is an entry level course to help establish a solid foundation for careers in the fitness industry. This course prepares candidates for the Cogi Athletic Certified Personal Trainer exam and provides foundational knowledge necessary to succeed as a fitness professional.

**ABOUT COGI**

COGI ATHLETIC COMPANY, INC. was established to help train athletes for success in sports. Developed by former Super Bowl champion Danny Copeland, NSPA CPT. This system teaches and promotes foundational principles that allow fitness professionals the ability to operate efficiently and effectively, offering their clients the greatest potential for success. Success in fitness and sport are built on knowledge and discipline. COGI offers the most applicable information in the industry coupled with the “how to’s” to make it work for specific populations. COGI ATHLETIC CERTIFICATION. faculty was developed from the founder’s clientele of medical, fitness, rehabilitation, business, and educational professionals who have experienced the effectiveness and benefits of COGI Athletic training programs.

**Expanded Educational Opportunities**

COGI Athletic Company continues to offer personal, small group and corporate fitness programs via our:

▪ **Personal Training**

One-on-One fitness training with a trainer to help the client reach their personal fitness goals. Training sessions are scheduled based on the clients and trainer’s availability and are dedicated slots from week to week.

▪ **Corp Fitness Challenge**

Fitness Challenge conducted for local corporations that take employees through an 8-12 week fitness program to jump start their goals of transitioning to a healthier lifestyle. The Fitness Challenge uses a team approach to encourage participation through healthy competition and accountability. Prizes are awarded during and after the challenge as further members for participation.

▪ **Youth Athletic Development**

Group fitness training conducted by a personal trainer for middle, high and college age athletes. The goal of YAD is to improve the strength, speed, agility, character and endurance of athletes who want to excel at the next level in their sport.

- **Junior Athletic Development**

Group fitness training conducted by a personal trainer for elementary aged athletes. The goal of JAD is to improve the strength, agility, speed, character and endurance of young athletes in a fun yet structured environment.

- **Kids Be Fit**

Basic, introductory fitness program for young kids ages 6-12 who have had little or no involvement with organized sports. This program is designed to introduce the participants to fitness character-building concepts in a fun and action packed setting.

- **Speed Clinic**

This 9 hour course is designed to teach athletes foundational principles to help them learn to run faster. The clinic addresses physiological and psychological needs necessary to enhance an athletes speed and sports performance.

- **Cogi Athletic Challenge**

A collection of nine challenging drills and exercises from the NFL, US MILITARY, AND TEAM COGI. Designed to give contestants the ultimate total body fitness challenge!

Qualifying trainers may gain valuable knowledge and experience while apprenticing/interning with our corporate team. For an application to apprentice or train with our corporate team, send your resume or college transcript to: COGI Certifications, 135 N. Stevens St, Thomasville Georgia 31792.

### **WHO SHOULD TAKE THIS COURSE?**

This course is for present and aspiring fitness professionals who understand that success as a trainer depends on client success. Whether it is through general fitness programs, weight management or high performance, high performance athletics and speed development, Cogi Athletic Training Programs provide the information necessary for motivated professionals to take their clients to the next level.

This is the perfect course for individuals seeking a career change to the health/fitness industry, coaches, athletes of all levels, fitness enthusiasts.

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### **CERTIFICATION REQUIREMENTS**

Candidates must be at least 18 years old for certification.

\*You may take the course prior to your 18<sup>th</sup> birthday. However, you cannot take the exam prior to your 18<sup>th</sup> birthday.

You must have CPR certification in order for your COGI ATHLETIC certification to be valid.

## **COURSE HIGHLIGHTS**

- Muscle design and function
- Trainer Success
  - Business
  - Marketing
  - Professionalism
- Physical Assessments
  - Posture
  - Strength
  - Flexibility
  - Body fat
  - Girth Measurements
  - Blood pressure
- Principles of Training
  - Psychology and Communication
  - Strength Training
  - Weight Management
- Developing a Fitness Program
- Strength Training
  - Proper Technique
  - Spotting
- Flexibility
- Nutritional Guidelines

## **COURSE STRUCTURE**

This course consists of 12 hours of lecture, demonstration and student application. All courses are presented by Cogi Athletic certified teaching professionals. This course is offered onsite at Next Level Training and Motivation (135 N. Stevens St. Thomasville, Georgia) on the fourth Friday and Saturday of the month (Friday 8am-12 noon and 1pm-5pm; Saturday 8am-12 noon, 1pm-4:30pm test).

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Students may take this course via home study. It is recommended that all students take the home study course to supplement information gained in the weekend course. Students taking the home study course are not required to take the onsite course for exam eligibility.

## **CERTIFIED PERSONAL TRAINER EXAM**

2 ways to test for certification

1. *Onsite exam* (same weekend as onsite course)

Students taking the exam at the end of an onsite certification course should allow for 3 ½ to 4 hours for completion of the exam. The exam has a four hour time limit.

2. *Home Study Exam* (taken at any time)

Students taking the home study exam must submit their entire test (written exam and videos, either DVD or VHS, of all four practicals) in one package.

Exam cost-**\$289**

- Exam
- 2-day Exam Prep Course
- Home Study Manual (CD)
- Home Study Practice Test

*Additional Cogi Athletic resources for training professionals:*

- *Cogi Athletic CPT Practical*s DVD-\$29.95
- *Welcome to the Next Level: Body Weight Exercise Program*, CD-\$12.95
- *Linear Speed: 5 Keys to a Faster 40* DVD-\$29.95
- *Youth Athletic Development* Program Manual-\$79 (Available January, 09)
- *Junior Athletic Development* Program-\$49 (Available January, 09)
- *Kids Be Fit* Program Manual-\$29 (Available January, 09)

Written Exam Protocols: 50 multiple choice, 4 Basic Anatomy diagrams, 2 essay questions.

Practicals: Onsite or video demonstrations of 1. blood pressure reading, 2. skinfold measurement, 3. proper weight lifting form and spotting, 4. flexibility, 5. YMCA's 3-minute step test.

Results

Written- For onsite testing 75% accuracy is required to pass.  
For home study exam 90% accuracy is required to pass

Practical- Two missed questions on any practical section requires retesting  
Retest is only on the section failed

Retests

All written retests are \$30  
Practical retests are \$20 per section

## **RENEWAL**

The expiration date of your Cogi Athletic Certification is exactly two years following the date of successfully passing all necessary parts of the Cogi Athletic certification exam. To maintain your Cogi certification you must acquire 24 Cogi approved Continuing Education Credits every two years.

Your certificate will be updated with a new expiration date and mailed to you after successful completion of all requirements necessary for renewal. The cost for renewal is \$79 payable at the time you submit your CEC information. CPR certification must be maintained in order for your Cogi Certification to be valid.

You must fax or mail proof of attendance in order to validate CEC's.

Trainers who do not renew before their expiration date must retest at the \$79 renewal rate.

## **STUDY AND EXAM TIPS**

- Study to learn the information, not to take the test.
- Do not cram. Consistent study of short periods is better than trying to cram.
- Try and apply some of what you learn every day.
- Share your knowledge with someone daily. Pick out at least one study point to share.
  - If you are taking an onsite exam:
    - Get a good night's rest.
    - Show up early.
    - Relax. This is what you do. Cogi Athletic is going to do everything possible to make sure that you are prepared and confident as a Next Level Trainer.
    - Wear exercise clothing that will allow ease of movement during practicals.
    - Remember, you cannot ask questions of the exam administrator once the test begins.

*If you are taking the home study exam:*

- Take your time.
- Don't take short cuts.
- Relax as you communicate on your videos.

*After your test is completed:*

Don't call regarding results. Results will be e-mailed to you at noon on the first Tuesday following your exam. Home Study results are e-mailed within 5-7 days of receiving all materials.

*After passing your exam:*

Continue to study. Stay abreast of industry information by reading your Cogi e-mails and attending workshops and courses relative to your industry.

WELCOME TO THE NEXT LEVEL!

**HOST A COGI ATHLETIC CERTIFICATION COURSE or CLINIC**

Your facility can host a nationally recognized certification course or clinic. All courses are instructed by Cogi Certified presenters.

Click on the link below these titles to get a description of the course or clinic listed. Then, e-mail us at [info@cogiathletics.com](mailto:info@cogiathletics.com) and request an application to host the course or clinic of your choice.

Cogi Athletic Certified Personal Trainer Course

Cogi Athletic Speed Clinic

Cogi Youth Athletic Development Workshop

Kids Be Fit Workshop

*(See program descriptions above.)*

e-mail for application ( [pdcl@rose.net](mailto:pdcl@rose.net) )

**TEACH A COGI ATHLETIC COURSE OR CLINIC**

Cogi Athletic Certified Personal Trainer Course

Cogi Athletic Speed Clinic

Youth Athletic Development Workshop

Kids Be Fit Workshop

*(See program descriptions above.)*

e-mail for application ( [pdcl@rose.net](mailto:pdcl@rose.net) )

**COGI ATHLETIC CERTIFIED PERSONAL TRAINERS**

35% OFF all Cogi Athletic Apparel and Accessories

35% OFF *Next Level Formulas* Supplement Line

\$100 COMMISSION for all program referrals who pass the Cogi Athletic CPT Exam

OPPORTUNITY to purchase company stock