

# **PAK206 – INTEGRATED FITNESS COUNSELOR BEHAVIORAL OBJECTIVES**

The training objectives are divided into 4 sections: the integrated fitness counselor, nutritional concerns in today's society, the body mind connection, and organizing a class. This course is not intended to replace professional medical advice, but is intended to provide alternative information that may be supportive to health and fitness. Always follow the recommendations of a qualified medical professional when assessing this information. At the end of this training, the instructor will have learned the essential information that follows:

## **SECTION1: THE INTEGRATED FITNESS COUNSELOR**

- define 16 holistic definitions
- explain being fit vs. being healthy
- list and discuss the 12 qualities of positive wellness
- define an integrated fitness counselor and list and discuss guidelines for using techniques
- discuss disclosure and scope of practice
- conduct and score a participant wellness inventory
- discuss at least 5 recommended professional and medical references and readings regarding holistic health

## **SECTION 2: NUTRITIONAL CONCERNS IN TODAY'S SOCIETY**

- define 11 terms related to holistic nutrition
- discuss the changing quality of the modern food supply
- explain the anatomy and function of the digestive system
- discuss the "good" and "bad" microflora that inhabit the colon and discuss imbalance
- explain normal and abnormal colon structure and the relationship to health and disease
- explain the basics of the lymphatic system and discuss the impact that a sluggish colon has on it
- discuss the factors that contribute to sluggish colon
- explain the repercussion of blocked colon reflex points
- list 4 other contributors to toxic colon
- list at least 10 signs of toxic colon
- discuss balance in regard to health
- discuss suggested guidelines for safe detoxification
- define peristalsis, release, holding patterns and cleansing reactions
- explain the effects of detoxification on the immune system
- discuss the concept of eating with staying healthy with the seasons
- define and explain macrobotics

- define and explain food combining
- provide guidelines for shopping for supplements
- define herbology and list 4 safety guidelines regarding the use of herbs and supplements
- prepare at least 3 natural sports drinks
- conduct and score a toxic risk profile
- discuss at least 5 recommended professional and medical references and readings regarding holistic nutrition

### **SECTION 3: THE BODY MIND CONNECTION**

- define, discuss, and compare at least 10 terms related to science and eastern concepts of energy
- define, discuss, and identify the chakras
- define and locate the hara
- compare kirlian photography to the holistic concept of the auric field
- identify the 7 layers of energy that emanate from the human body and discuss their relationship to density
- discuss tension and the flow of chi
- discuss the relationship of P.N.F To circular chi motipons
- discuss how vibration effects chi
- explain the scientific concepts of biofeedback and psychoneuroimmunology and theirs relationship to thoughts, nature, and holistic health
- discuss 93 alternative practices that can be used to support an exercise ;program
- list and discuss 9 basic guidelines for incorporating complimentary fitness techniques into a traditional exercise class.
- explain aromatherapy and provide 5 examples of how it can be incorporated into an exercise session
- explain the following basic alternative techniques: grounding, centering, awareness, 10 types of breathing, energy circulation movements, chakra balancing, simple 10 bodywork techniques, imagery and visualization, affirmations, meditation, posture and yoga
- identify the reflexology points on the foot and right and left brain functioning
- define Feng Sheui and discuss 6 ways that it can be used to enhance an exercise environment
- discuss at least 10 recommended professional and medical references and readings regarding the body/mind connection

### **SECTION 4: ORGANIZING A CLASS**

- design a class that incorporates chosen holistic techniques
- explain color and essential oil techniques
- identify at least 10 holistic resource organizations