



National Posture Institute's Online Certified Posture Specialist Program

The National Posture Institute's Online Certified Posture Specialist (NPI-CPS) certificate program prepares participants to assess and educate their clients/patients in all areas of posture and body alignment. The certificate program is taught in module format and includes the complete certificate course, quizzes, and the final certificate exam required to graduate. This is a self-paced online distance education certificate program. It is presented in Five Modules and students can complete the program at their own pace with unlimited access over Three (3) months.

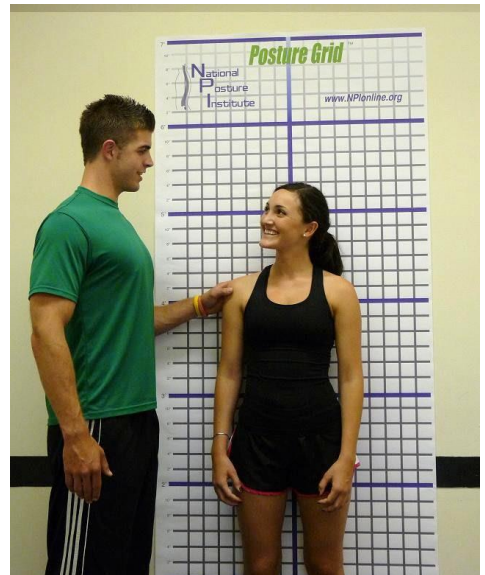
Five Module Certificate Structure:

Module 1: Introduction to Posture and Body Alignment
Module 2: Anatomy and Kinesiology
Module 3: Posture Analysis, Assessment, and Evaluation
Module 4: Exercise Program Design
Module 5: Business Concepts, Client Education, and Management

Certificate Objectives:

The modules will describe, demonstrate, teach and analyze exercise movements and posture in an easy to follow sequential order. The modules will:

- Teach individuals how to implement the NPI posture assessment program into their organizations current health and exercise assessment program
- Evaluate the anatomical structures of the vertebral column and other extremities using the NPI's Posture and Body Alignment Grid™
- Review how poor posture and body alignment develop, and how this condition can increase the chances of postural dysfunction, back pain, and risk of injury
- Teach and provide an overview of the exercise sciences such as anatomy, kinesiology, exercise physiology, and program details of performing postural assessments
- Teach methods to correct alignment, reverse patterns, improve posture, relieve back pain and train people through cognitive methods via the NPI's Four Points of Posture™ Program and exercise movements



Registration Link:

npionline.org/programs/professional/self_paced

For more information, please contact NPI at:

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