



Get your career **in shape!**

Welcome to today's health-conscious world! People are more interested than ever in losing weight, toning muscle, improving diet and living healthier lives. If fitness is your passion and you enjoy working with people, a career in personal training may be perfect for you. In this exciting and expanding field, you will have an opportunity to design weight-training and nutritional programs, help people gain greater self-esteem and see the results of your skills "take shape" every day. This course will offer you the opportunity to earn your National Personal Trainer certification through International Sports and Science Association (ISSA) making you fit for a great new career!

Advanced college/trade school credit is available to qualifying students from the following institutions:



COURSE TITLE: CERTIFIED PERSONAL TRAINER

COURSE DESCRIPTION

This physical course includes anatomy, kinesiology, injury prevention, supplementation and nutrition, and all aspects of cardio and strength training and more. A world-renowned staff of researchers, scientists, sports medicine specialists and world champion athletes created the certification program that this course follows. The course is specifically designed to bridge the gap between clinical exercise, related course work and the practical application of sound health and fitness programming. Students will have an opportunity to earn a nationally-recognized certification from the International Sports Sciences Association upon successful completion of the course.

The second year will infuse the latest technologies from the healthcare and fitness industries into the Certified Personal Trainer curriculum. Students then have the opportunity to provide a supervised fitness program designed around a medical condition. Students will have the opportunity to earn a certification in Fitness/Exercise Therapy from the International Sports Sciences Association upon successful completion of the second year of this course.

COURSE CONTENT – First Year

- Scientific Foundations of Physical Activity and Fitness
- Nutrition, Body Composition and Weight Management
- Components of Fitness
- Special Populations
- Exercise Prescription
- Exercise Programming Considerations

COURSE CONTENT – Second Year

- Post-Rehab Orthopedic Exercise
- Therapeutic Flexibility
- Stress Management
- Avoiding Injury Recurrence
- Drug Interaction with Exercise
- Sports Medicine and Health Care
- Achieving Maximum Insurance Reimbursement

EDUCATIONAL OPPORTUNITIES

- Advanced College Standing
- Associate Degree
- Baccalaureate Degree

CAREER OPPORTUNITIES

- Certified Personal Trainer
- Sports Team Conditioner
- Exercise Instructor
- Physical Therapy
- Private Health Club
- Strength Coach
- Fitness and Exercise Therapist

SUGGESTED SUPPORTIVE COURSES

- Health, Living Environment

ADDITIONAL INFORMATION

- COSTS Workbook, BLS, and CPT certification costs, approved fitness uniform: total \$180; \$20 field trips; all fees are approximate
- LENGTH OF COURSE..... 1 or 2 years
- LOCATION Gary D. Bixhorn Technical Center
- CTE/ACADEMIC CREDIT Please see chart on pages 4 and 5 for updated details
- INDUSTRY CERTIFICATION International Sports Sciences Association (ISSA); Personal Trainer Certification; Specialist in Exercise Therapy

Health Science

- Introduction to Personal Training (ICC)
- Certified Personal Trainer (BTC)
- Clinical Medical Assisting (MTC, WTC)
- Dental Chairside Assisting (BTC)
- Nurse Assisting (MTC, WTC)
- Physical Therapy Aide (BTC)
- Practical Nursing (BTC)



