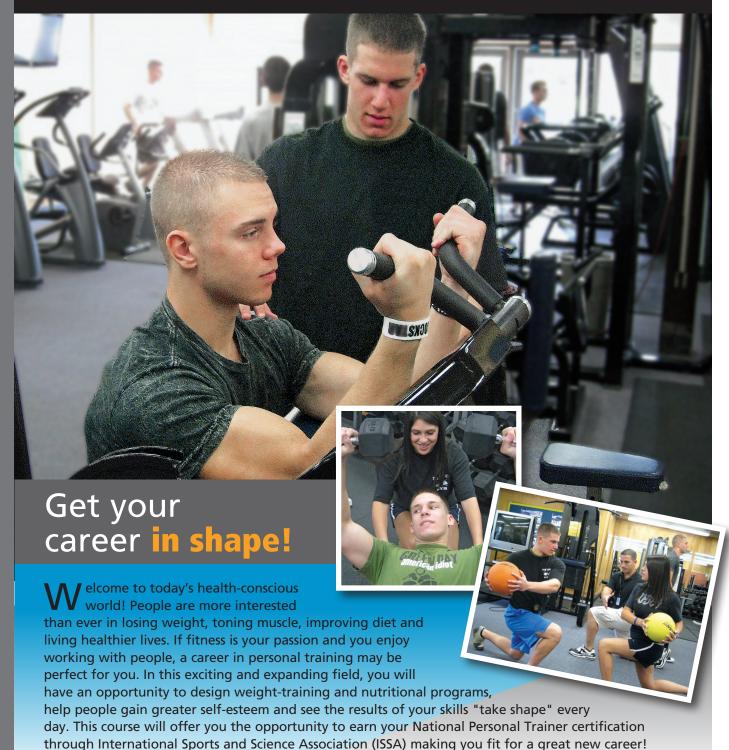


CERTIFIED PERSONAL TRAINER



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

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

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

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)

