

Personal Fitness Trainer Certification (Live Lecture)

Instructor: Russ Armistead or Cindy Elsberry

Come join this fun field and be a part of what ABC NEWS.com states as the 4th hottest job in the U.S. at a national average of \$25 an hour. Whether for a career move or for your own personal knowledge get all the information you need to become a CERTIFIED PERSONAL TRAINER. This challenging course is taught over a 5-week period for better retention and skill competency. *The National Exam is held on the 6th week.* This course is formatted as a 50-hour program and is comprised of 15 hours of lecture, 15 hours of practical training and a 20-hour internship. It covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. W.I.T.S. is the only major certifying bodies in the country providing comprehensive practical training and internship components. A textbook is required and not included in course fees. Call to order and start reading immediately 888-330-9487 {www.witseducation.com}

The American Council on Education has issued 3-college credit for this course. This course is VA Approved.

Learning Outcomes: Upon completion of the course students will be able to:

- Assess an individuals' level of fitness using recommended guidelines of the American College of Sports Medicine.
- Design and customize exercise programs for individuals based on their current fitness level, future needs and fitness goals.
- Demonstrate proper execution of weightlifting, stretching and isometric exercises.
- Practice personal fitness training professionally
- Sit for the NBFEE (National Board of Fitness Examiners Exam)

Required textbook: *Fitness Professional's Handbook-5th Edition* by Edward Howley, B. Franks and may be obtained via the WITS bookstore at <http://www.witseducation.com/store/Store.htm#pt1>.

See general information about the World Instructor Training Schools at www.witseducation.com or go to the WITS website at <http://www.witseducation.com/certifications/ptcert.htm>.

Sat., June 14 - July 26 (No class 7/5), 9am-4pm, 6 sessions/36 hrs., 3.6 CEUs (\$69 textbook, plus shipping, not included in course fee), **\$499***, **#66145**

Georgia Center (classroom); The Omni Club, Athens (practical portion at gym)

Learn more about becoming an instructor for this course and other WITS fitness courses.

http://witseducation.com/generalwits/employment_faculty.htm