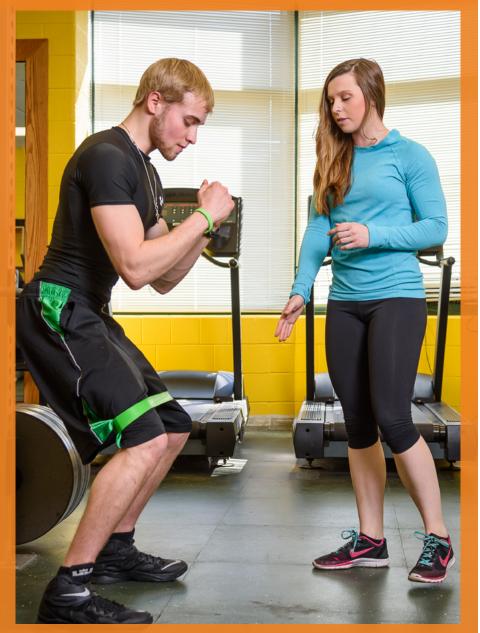
FITNESS/PERSONAL TRAINER Frederick Community College





Program Contact Jan Sholes • 301.846.2503 • jsholes@frederick.edu

Fitness/ Personal Trainer

Personal Trainers work in fitness centers and gyms conducting a variety of classes, from weight training to spinning to targeted areas, such as abdominal muscles. Personal Trainers work with diverse individuals to assess their fitness levels and establish training goals and personal programs for each client.

The Program

The Fitness/Personal Trainer Certificate is available through Frederick Community College's Physical Education Program.
Classes will prepare students for a career as a personal trainer, one who is qualified to physically train different groups or individuals to improve their fitness level. Certification testing is available through the National Academy of Sports Medicine (NASM) upon completion of the certification training.

The NASM certification program includes a specified curriculum and requires an internship, as well as passing the certification exam. The FCC/NASM curriculum includes classes in biology, anatomy and physiology, and introduction to business, as well as the physical education courses Fitness for Living, Methods of Fitness and Conditioning, Methods of Weight Training, and Essentials of Personal Training with lab.

Students who achieve the Fitness/Personal Trainer certificate have a strong foundation for further coursework in physical education related fields. This certificate can be used to meet the elective requirements of FCC's Associate of Arts degree in general studies.

Program Objectives

- Knowledge of anatomy and physiology and basic kinesiology
- Ability to apply the principles of training
- Understanding of how to work with diverse populations
- Ability to assess fitness levels and design individual fitness programs
- Ability to work with clients to further their fitness levels

Skills Needed

- Ability to work independently and with clients and co-workers
- Ability to communicate effectively
- Knowledge of anatomy and physiology, and kinesiology
- · Ability to complete required paperwork
- Ability to maintain professional standards and abide by the NASM code of Ethics



Growth Potential

The Fitness/Personal Trainer Certificate allows students to enter the workforce directly after earning the certificate. According to the U.S. Bureau of Labor Statistics, employment of fitness trainers and instructors is projected to grow 8 percent from 2014 to 2024, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors. (Source: Bureau of Labor Statistics. U.S. Department of Labor, Occupational Outlook Handbook, 2016-17 Edition. Fitness Trainers and Instructors)

Faculty

Jan Sholes: Program Manager and Professor, Health and Wellness. Other instructors for the program will include NASM certified Personal Trainers as well as specialists in the areas of Nutrition, Fitness, and Wellness.

Financial Assistance

FCC participates in federal, state and local financial aid programs. Students are encouraged to apply for financial aid, and for scholarships offered by the College and community. Financial aid applications are available in the Financial Aid Office, J301, or online at www.fafsa.ed.gov. The scholarship application is available at www.frederick.edu.

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Frederick Community College makes every effort to accommodate individuals with disabilities. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7939 or 301.846.2408 (Voice) or email Interpreting@frederick.edu. Requests for any accommodation should be made at least five working days prior to attending a scheduled event.

For more information on Fitness/Personal Trainer:

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Course		Credits
Department	tal Requirements	
BI 103	Anatomy & Physiology or	
BI 107	Fundamentals of Human Anatomy	4
HE 110	Nutrition Basics	1
PE 108	Body Mechanics	
PE 154	Fitness for Living	3
PE 237	Exercise Psychology	
PE 241	Methods of Fitness and Conditioning	1
PE 247	Methods of Strength Training	
PE 249	Fitness Assessment and Business Practices	3
PE 250	Care and Prevention of Athletic Injuries	3
PE 252	Essentials of Personal Training	
INTR 012	Internship	2
		24

PE 249 is only offered in the fall semester. PE 252 is only offered in the spring semester. Students should do the internship in the same semester as PE 252, or if not, then in the semester immediately following.

Additional Costs are required for PE252, the certifying class for the NASM credential. When you sign up for this class a fee is charged to your account that covers the cost of the textbook for PE252, the voucher for the certification exam, and the key code to access the NASM online resources for the course. The estimated cost for this bundle is \$500.00. Costs are subject to change.

Students must have a current CPR certification to sit for the Personal Trainer exam.

Other Recommended Courses:

HE 102	Nutrition in a Changing World or
HE 200	Principles & Application of Nutrition
HE 115	Stress Management Techniques or
HE 201	Stress Management
PE 198A	Boot Camp
PE 190	Pilates
BU 109	Entrepreneurship & Small Business Enterprise