

Fitness/Personal Trainer

Certificate (Career) *

Students who wish to pursue the National Academy of Sports Medicine (NASM) Personal Trainer Certificate should **first** prepare by taking one of the Anatomy and Physiology courses listed below (BI 103, BI 115 or BI 117). Students must complete the Anatomy and Physiology course prior to taking the PE 252 Essentials of Personal Training course. Other required courses can be taken either prior to, or concurrently with the PE 252 class.

This program prepares students for a career in personal training, the training of different populations to improve their fitness levels. Certification is through the National Academy of Sports Medicine (NASM).*

Course	Credits
Requirements	
BI 103	Anatomy & Physiology (4) or
BI 115	Fundamentals of Human Anatomy (5) or
BI 117	Study of the Human Body (3) 3/4/5
PE 108	Body Mechanics 1
PE 154	Fitness for Living 3
BU 103	Introduction to Business 3
PE 241	Methods of Fitness and Conditioning or
PE 247	Methods of Weight Training 1
PE 252	Essentials of Personal Training 5
INTR 102	Internship 2
	18/19/20

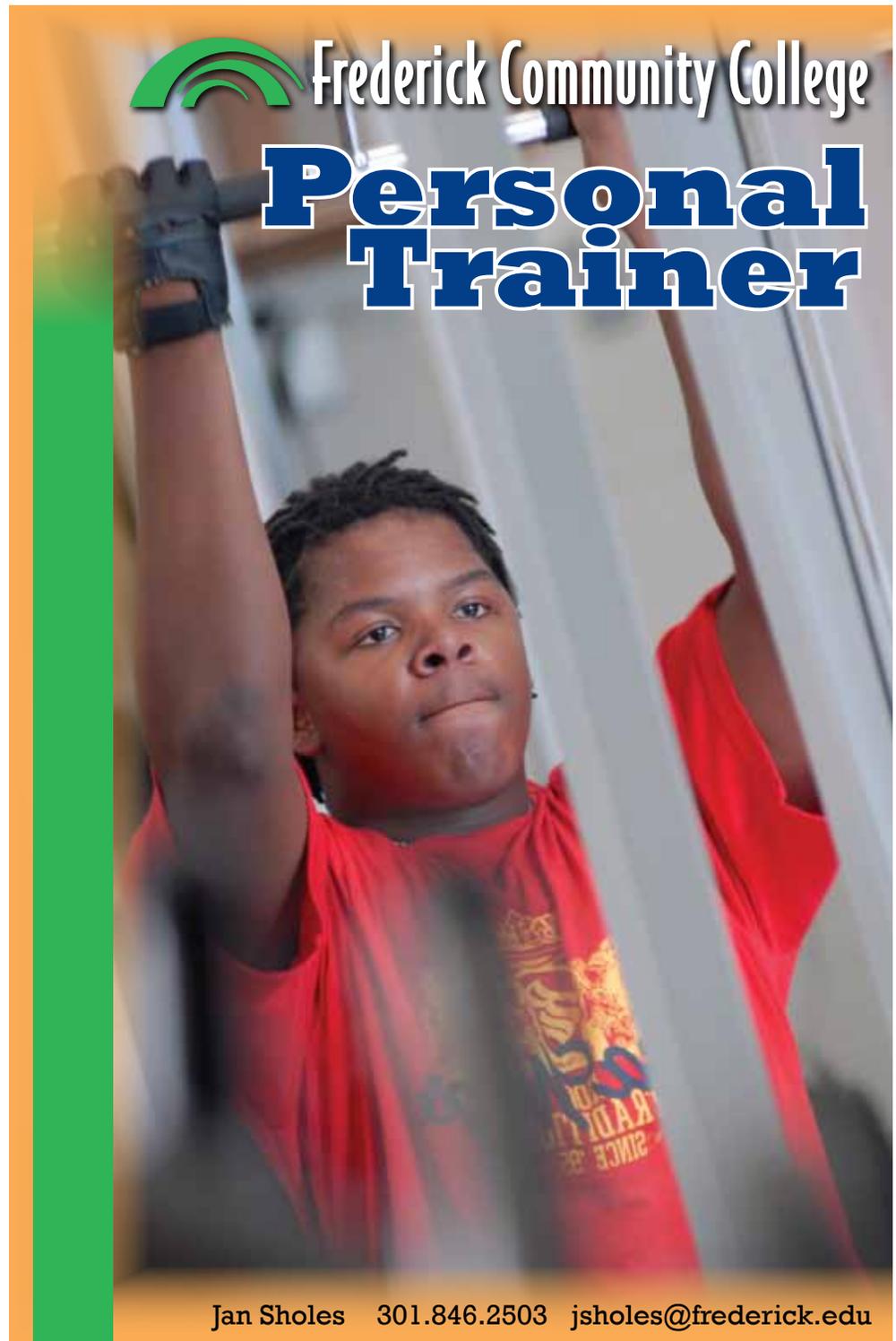
Other Recommended Courses:

HE 102	Nutrition in a Changing World
HE 200	Principles & Applications of Nutrition
PE 194	Spin Cycling
PE 198A	Boot Camp
PE 190	Pilates

* This certification is part of the PE 252 Essentials of Personal Training course.

Additional Costs are required. When you purchase the textbook for PE252, you are also purchasing the certification exam, the online comprehensive exam review; study guides and other ACSM resources. The cost for this bundle for Spring 2014 was \$600.00. Costs may change depending on the cost of the bundle.

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



Personal Trainer



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 Program

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.

On the Job

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.

On-the-job duties include:

- Working with diverse individuals or groups to further their fitness levels,
- Assessing fitness levels and establishing training goals and personal programs for the client,
- Submitting and maintaining appropriate records,
- Working with other individuals of a fitness team, and
- Duties as assigned by the Health Club employer.

Skills You Need:

- 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, and
- Ability to maintain professional standards and abide by the NASM code of Ethics.

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.

Growth Potential

A fall 2010 survey of area fitness centers and gyms indicated a healthy climate for personal trainer careers in the mid-Maryland region. 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, the Fitness Trainer/Aerobics Instructor field will grow 29.4 percent from 2009-2018. Fitness Trainers are on the Bureau's list of "The 30 fastest-growing occupations, 2008-2018."

The college prohibits discrimination against any person on the basis of race, religion, gender, color, national origin, ancestry, age, sexual orientation, marital status, physical or mental disability of otherwise qualified individuals and any other category protected by federal, state or local law. Frederick Community College subscribes to full access to all college facilities as outlined in the Americans with Disabilities Act of 1990 and as amended. The designated coordinator for the college's compliance with Section 504 of the Rehabilitation Act of 1973 and for the Americans with Disabilities Act is Kate Kramer-Jefferson, 301.846.2409.

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 301.846.2476 (Voice) or 240.575.2366/866.616.7243 (Videophone). Requests for any accommodation should be made at least five working days prior to attending a scheduled event.

* **Gainful employment** - For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.frederick.edu/gainfulemployment.

Financial Assistance

FCC provides a tuition payment plan. Scholarship and loan assistance is available for eligible students.

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.

See back page for program requirements

Contact **Jan Sholes** at **301.846.2503** or email **jsholes@frederick.edu**