

Shape Your Future

Are you passionate about health and fitness? Do you love spending time in the gym... learning new exercises... trying different workouts? Have you ever thought about a career as a personal trainer? Or starting a "side hustle" teaching exercise classes at a fitness center or gym?

If so, get certified... with our 10-week Personal Training certificate course. The whole focus of this program is to prepare you to pass the American College of Sports Medicine (ACSM) certification exam. Your \$349 fee for this exam is included with your program cost.

Preparing for the 150-question exam on your own can be challenging. Why not let our expert professor guide you through the complex concepts? The instructor will be there to help you master all the material, so you are in the best position to pass the exam.

Personal Training Certificate

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**Jumpstart
Your Future
APPLY TODAY**

Personal Training Certificate

Personal trainers are in high demand by gyms, fitness studios and exercise programs. In addition, many people hire certified personal trainers to work one-on-one with them on improving their health and fitness.

The Course:

- 10 weeks
- All online
- Taught by an ACSM-certified faculty member
- Cost: \$900, including the \$349 ACSM exam fee

What You Will Learn:

During this 10-week, online Personal Training course, you will gain an increased level of competence with:

- A core focus on body sciences – anatomy, physiology and kinesiology
- Nutrition
- Personal trainer certification preparation
- Client intake and assessment, fitness screening and design of personal fitness programs
- Motivational techniques, goal setting and long-term sustainability of health habits
- All subjects covered by the ACSM exam

Personal Training courses are offered completely online.

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