

# Become a Personal Trainer



## TWO CERTIFICATE OPTIONS:

**Level 1** - Nationally Certified Personal Trainer: Successfully complete the written and practical exams. CPR/AED required.

**Level 2** - Nationally Certified Personal Trainer: Successfully complete your Level 1 exams followed by a 30-hour internship that will help connect to local employers.

## PERSONAL TRAINER CERTIFICATION - **NEW!** Hybrid Schedule

Whether for a career move or for personal knowledge, get all the information needed to become a Certified Personal Trainer. This collegiate course is for candidates wanting in-depth instruction and hands-on experience with a top veteran instructor to master the career skills and knowledge to be a successful trainer. The course consists of 15 hours of lecture with key topics that include biomechanics, exercise physiology, fitness testing, equipment usage and health assessment; and 15 hours of hands-on practical training labs with role playing drills on exercises, presentation skills, etc. to professionally master the position. Lecture is conducted online and students will have the week to complete readings, assignments and discussion boards and then will come to campus to complete the practical labs. Week 6 is for self-study for the exam, which is administered on Week 7. Exam fee included in course fee, which is a savings of \$350!

53073 **Thursdays 6/14 - 7/26 6 - 9 p.m. (practical training)**  
**No class 7/19 (self-study)**

Location: Perrysburg (Student Health and Activities Center)  
Cost: \$699

*Textbook, Fitness Professional's Handbook, Seventh Edition with Web Resource, ISBN-13: 9781492523376, is required and can be purchased or rented from Amazon.*



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