



Center for Professional Development



Personal Trainer Certification Exam Prep Course

Come join this fun field and be a part of what ABC NEWS states “as the 4th hottest job in the US at a national average of \$25 an hour”. Whether a career move or for your own personal knowledge get all the information you need to become an ACE CERTIFIED PERSONAL TRAINER.

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. This course presents the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness and goals. The information covered by this course and the ACE IFT Model will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardio respiratory fitness and muscular endurance and strength.

This course is formatted as a 60-hour program and is comprised of 30 hours of lecture, 18 hours of practical gym training, a 6-hour internship and 6 hours of study sessions for the ACE personal training certification exam.

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

- Assess an individuals’ level of fitness using recommended guidelines of the American Council on Exercise
- Design and customize exercise programs for individuals based on their current Fitness level, future needs and fitness goals.
- Demonstrate proper execution of all types of exercises from free weights to strength machines as well as proper stretching and isometric exercise techniques.

Adult CPR & AED required prior taking the ACE national certification exam.

Time:

- Classroom lecture Wednesdays 6:00 pm – 9:00 pm
- Practical Gym Training held on Thursday evenings 5:00 pm to 8:00 pm at the Omni Fitness Center for an extra \$25.00 fee.

Date:

Lecture course begins Wednesday June 15th – August 17th, 2011 (10 weeks)
Practical Gym Training begins Thursdays, June 23rd – July 28th, 2011(6 weeks)
Study Sessions will be held on Wednesday, August 24th & 31st, 2011
Internship dates and times are on an individual basis.

Cost:

\$999 - Textbook not included

Textbooks:

American Council on Exercise (2010). *ACE Personal Trainer Manual*, 4th ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

American Council on Exercise (2010). *ACE's Essentials of Exercise Science for Fitness Professionals*. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

American Council on Exercise (2010). *Master the Manual*, 4th ed. Bryant, CX & Green, DJ (Eds). San Diego, CA: American Council on Exercise.

To order materials at the student discount visit the website at

www.acefitness.org/students

- Click on Tools, Tips and Discounts under Personal Trainer Certification
- Scroll down and look for Student Bundle option, this is what you would need to purchase for this class.

If you have specific questions about the web page or ordering textbooks, you may call ACE at 800-825-3636 ext 782 or 784

Instructor: Nicole Perino

Location: Edison State College, Lee Campus, room to be announced

Advance registration and payment to Cont. Ed. is required

Seats are limited for group session, so register today!

For registration form and information, call 239-489-9235,

email celee@edison.edu

OR download from www.edison.edu/lee/ce

Office located in Robinson Hall, Bldg I-116, Office hours: 8:30am – 4:30pm