



**EDISON STATE
COLLEGE**

HENDRY/GLADES CENTER

Center for Professional Development

Personal Fitness Trainer WITS National Certification

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 a CERTIFIED PERSONAL TRAINER.

This challenging course is taught over a 5-week period for better retention and skill competency. *The National Exam is held on the 6th week.* This course is formatted as a 50-hour program and is comprised of 15 hours of lecture, 15 hours of practical gym training and a 20-hour internship. It covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. W.I.T.S. is the only major certifying bodies in the country providing comprehensive practical training and internship components.

The American Council on Education has issued 3-college credit for this course.

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

- Assess an individuals' level of fitness using recommended guidelines of the American College of Sports Medicine.
- Design and customize exercise programs for individuals based on their current fitness level, future needs and fitness goals.
- Demonstrate proper execution of weightlifting, stretching and isometric exercises.
- Practice personal fitness training professionally
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30- hour internship, adult CPR & AED required prior to issuance of national certification

Time: 9:00am - 4:00 pm

Date : Six Saturdays starting Fall 2010 - Dates TBA
(Test held on last day)

Cost: \$499 - Textbook not included, to order contact WITS at 888-330-9487 – Cost is approximately \$78 with S & H – ISBN # 13: 978-0-7360-6178-0
\$25 - Lab Fee for gym use

Location: Edison State College, Hendry Glades campus, room to be announced

Seats are limited, so register today!
Advance registration and payment is required
For registration form and information, call 239-489-9235 or
email celee@edison.edu
OR download from www.edison.edu/lee/ce