FITNESS INSTRUCTOR TRAINING
- PERSONAL TRAINING -

EXCELLENT REVIEW FOR NATIONAL CERTIFICATION EXAMS!
GREAT FOR INDIVIDUALS INTERESTED IN THE FITNESS INDUSTRY

UNLV Campus Recreational Services Fitness Instructor Training (F.I.T.) course combines lecture & practical application to cover the basics of personal fitness training.

Topics covered include:
- basic anatomy & physiology
- program design
- exercise prescription
- conducting a fitness assessment
- proper exercise technique & form
- injury prevention
- interacting with clients

Previous experience in the subject matter is recommended, but not required.

REGISTRATION DEADLINE: Thursday 9/5

Register at the Student Recreation & Wellness Center (SRWC) Membership Desk - 1st Floor

Questions?
Joseph Agnew, Fitness Coordinator
joeph.agnew@unlv.edu
702-774-7126

Website:
srw.unlv.edu
702-774-7100

Dates
Participants must attend all of the weekend workshop & practical application days:

Workshop:
> Fri 9/6 - 3-9pm
> Sat 9/7 - 9am-5pm
> Sun 9/8 - 9am-5pm

Practical Application:
> Tues 9/10 - 6-9pm
> Tues 9/11 - 6-9pm
> Tues 9/12 - 6-9pm

Additionally, you will be assigned a test client to complete 5 personal training sessions.

Location: SRWC 1502

Registration Fee (included manual):
Students = $50
Faculty/Staff & Community = $150

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