FITNESS INSTRUCTOR TRAINING
Personal Training

The Fit Training Course is designed to prepare participants for National Personal Training Certification Exams. This prep course currently aligns with The American Council on Exercise (ACE) curriculum. The course combines lecture and practical application to cover the basics of personal fitness training.

- Basic Anatomy & Physiology
- Injury Prevention
- Program Design
- Conducting a Fitness Assessment
- Exercise Prescription
- Proper Exercise Technique & Form
- Conducting a Fitness Assessment
- Interacting with Clients

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

**Topics Covered**

**Mandatory Class Dates**

**Workshop:** Fri, 9/11 from 3p-9p  
Sat, 9/12 from 9a-5p  
Sun, 9/13 from 9a-5p

**Practical Application:** Tues, 9/15 from 6-9p  
Tues, 9/22 from 6-9p  
Tues, 9/29 from 6-9p

*All participants will be assigned a test client to complete 5 personal training sessions.

**Fees:**

- NSHE Students: $50  
- CSN students must be a member of the CSN Sports Center  
- Faculty/Staff & Community: $150

**Location of Classes:**

Student Recreation & Wellness Center  
Located off Tropicana Ave. near Thomas & Mack Arena

ACE Fitness will offer a discounted rate of $249 for the Personal Training exam upon completion of this course. The standard rate is $399.

*Based on the certification that participants will want to take (NSCA, NASM, AFAA, ACE, ACSM) further study from those specific books are recommended. Additional study may be need following the completion of this course.

**Computer-Based Exams can be taken at the Las Vegas Professional Institute of Technology and College of Southern Nevada Testing Center.

FOR MORE INFORMATION, CONTACT:
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REGISTER AT THE SRWC FRONT DESK OR EMAIL SRWC.FITNESS@UNLV.EDU FOR AN ELECTRONIC REGISTRATION.