The Fitness Trainer Course lasts 6 weeks, consisting of both academic-based and hands-on training. Program topics include but are not limited to:

- Basic Anatomy
- Fundamentals of Kinesiology and Biomechanics
- Progressions
- Safety Cueing
- Injury Prevention

### Dates:

**Academic Based Lectures:**
- Feb 17th 4:00pm-9:00pm
- Feb 18th 9:00am-4:00pm
- Feb 19th 10:00am-4:00pm

**Hands-On Practical Trainings:**
- Feb 24th 3:00pm-6:00pm
- March 10th 3:00pm-6:00pm
- March 24th 3:00pm-6:00pm

### Costs:

- NSHE Students (UNLV, CSN): $50
- Faculty/Staff and Community Members: $150

### Location:

SRWC Meeting Room 1010
(Across from Student Health Center)

For more information, contact:
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