

## **Academic Plan as of fall 2015**

### **Program Description:**

Prepare for a career as a personal trainer with a NCAA-accredited National Academy of Sports Medicine certification. The course will cover basics of human movement, resistance training, flexibility, cardiovascular training, balance, core, reactive training, speed, agility, and quickness. You will gain hands-on experience with fitness assessments and learn how to work with future clients. In addition to classroom instruction, a concurrent online component is included. Upon completion, you will be prepared to take the certification exam. Students are required to complete additional online coursework and fitness training outside of normal class meeting times.

Course fee includes text, access to online instruction, and the certification exam. It also includes CPR/AED Adult, Child & Infant 2-Year Certification which is required to test for your certification exam.

### **Program Learning Outcomes:**

- The program will cover the fundamentals of human movement, resistance training, flexibility, cardiovascular training, balance, core reactive training, speed, agility and quickness.
- The program will also cover fitness assessments and how to work with fitness clients.
- The program will prepare students for a career as a professional trainer with the NCAA-National Academy of Sports Medicine certification.

### **Program Requirements:**

Students are required to complete the NASM Personal Fitness Training Course to earn 3.1 CEU's

### Required Courses:

- NASM Personal Fitness Training Course

### **Prerequisites and Admissions Requirements:**

Students are required to complete an additional 50 hours of online coursework and fitness training outside of the normal class meeting times. CPR training is a 5.5 hour course.