

Online Professional College Certificate in Personal Training Program

Register/Start at ANY TIME!



Dear Interested Student:

Thank you for your interest in the Professional College Certificate in Personal Fitness Training Program. Please read below for more information on the structure of the program, courses, benefits, and information regarding our **OPEN ENROLLMENT Format**.

Certificate Benefits:

The Online Professional College Certificate in Personal Fitness Training has been established to provide continuing education for current fitness/health/medical professionals and for the development and education of students seeking careers as personal trainers in the emerging fitness and health industry. Content and curriculum within each course in the program is designed to present the student with the knowledge, skills, and abilities to implement a unique medically-based fitness model for their future or current clients. Students will learn how to apply their client's health history, goals, and abilities integrating exercise science curriculum and practical training techniques into a systematic model that teaches students to progress their clients through different training levels and phases. Benefits of the Online Professional Certificate in Personal Fitness Training program:

1. Guidance, instruction, and interaction from instructors that hold either a **Master's** or **Ph.D.** degree in exercise science, biomechanics, exercise physiology, kinesiology, physical therapy, nutrition or an exercise science-related degree. Our instructors will support their students and become valuable resources and mentors well after they graduate.
2. **Begin the Courses/Program at ANY TIME!**: Each course within the Personal Fitness Training program is offered in an OPEN ENROLLMENT Format. This means you can register at any time, and once you are logged in you have 8 weeks to complete the course(s) you registered for (students can complete a course before the 8 week deadline). In addition, students have 2 full years to complete all the required courses, but typically students complete the coursework within 18 weeks.
3. **Optional Field Internship Course**: Students that enter the program have three unique internship options for placement in a 60 hour internship experience. The internship course requires students to establish informational interviews approximately 4 weeks prior to the internship course start date with several different internship site locations. An internship information packet is provided in the Business Administration and Management course that guides students in the process to set-up an internship. We work with students on determining the best locations to intern at depending on a student's short-long term career goals. During the course, students are required to shadow/observe personal training sessions and conduct interviews of the fitness staff and personal training clients.
4. This program is endorsed by the **National Posture Institute (NPI)**. Students that graduate from this program will receive a 20% discount for the **NPI Certified Posture Specialist (CPS)™ Program**. The CPS™ program provides students with the tools needed to develop a unique career pathway and expand their business opportunities. This is accomplished by learning a structured process to assess and correct posture and body alignment & by incorporating this knowledge into a successful business model that is structured to help expand one's client/patient base. Students will learn the following NPI business tools: how to market/brand yourself as a CPS™, how to attract new and retain current clientele, how to utilize a referral program to your utmost advantage, and how to create new business opportunities utilizing professional partnerships. This program is for personal trainers/fitness professionals, group exercise instructors, physical therapists, athletic trainers, chiropractors, and sports performance coaches.
5. The program is offered in partnership with the **American Council on Exercise® (ACE), IDEA Health & Fitness Association, and Personal Fitness Professional (PFP)**. ACE provides graduating certificate students a preferred discount on the ACE Personal Training Certification Exam and study materials. IDEA has provided content/curriculum in the program; in addition, students receive a complimentary 6-month membership to the digital edition of *IDEA Fitness Journal*. PFP is providing students with a 3 year free

subscription, which includes 9 print issues per year, a monthly e-newsletter, access to their digital magazine and an interactive website with blogs, polls, articles and much more. College courses provide CECs or CEUs for personal trainers, group fitness instructors, physical therapists, athletic trainers, exercise physiologists, chiropractors, and for those fitness and health professionals seeking re-certification, re-licensure, or career advancement.

6. According to the U.S. Department of Labor's Bureau of Labor Statistics, fitness trainers are listed among the fastest growing occupations to occur from 2002-2012. Growth is expected for fitness professionals of 44% from 183,000 in 2002 to 264,000 in 2012. (IDEA Fitness Journal, Nov. 2004). Individuals in this field of work will find a continuum of salaries based upon the position and their geographical location. Salaried positions may range from \$25,000 to over \$100,000. Hourly positions range from \$10.50/hr to over \$100.00/hr. Salaries and hourly rates achieved will be determined by experience, education, and quality of service.
7. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry.

Continuing Education Credits/Units

The following National Organizations/Associations have approved the Personal Fitness Training and the Advanced Personal Fitness Training program/ required courses for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 7 CECs
- American College of Sports Medicine (ACSM) / 50 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs (excludes the Business Administration course)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Personal Training program for 150 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 90 CPEUs, and the Optional Field Internship Course for 60 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- State of Illinois - Advanced Practice Nurse CE Sponsor / 50 CECs

This Certificate is designed for:

- Fitness professionals from all fields
- Individuals seeking a new career as a personal trainer working in the following settings: private and commercial health clubs, medically-based fitness facilities, community wellness centers, personal training studios, physical therapy clinics, YMCA's, JCC's, college/university centers, recreational settings, and corporate fitness centers.
- Individuals seeking examination preparation for **American Council of Exercise-Certified Personal Trainer (ACE-CPT)**, **American College of Sports Medicine (ACSM-CPT)**, **National Posture Institute-Certified Posture Specialist (NPI-CPS)**, **National Strength and Conditioning Association (NSCA-CPT)**, etc...
- Employee/staff training, education, and development
- Allied health and medical professionals including physical therapists, RD's, athletic trainers, nurses, physicians, chiropractors, public health educators, and wellness consultants seeking advanced education or new career opportunities

Certificate Program Structure:

- The program is comprised of 5 required core courses (Courses 1-5 below) and an Optional Supervised Field Internship Elective Course. Typically students complete the program and internship in as little as five months but have up to two-years.
- The certificate program is designed for students to take 2 courses at a time in the 3 module format and each course/module is 8 weeks in length with no penalty for finishing a course early.
- It is Not Required to take courses in any order; however it is recommended that you begin with two courses in Module One: **Course 1: Introduction to Exercise Science- Level I (Anatomy and Kinesiology)** and **Course 2: Introduction to Exercise Science-Level II (Exercise Physiology)** before starting with other courses in the program.
- Students may elect to take courses individually if desired at any point during the program.

- You should be able to commit 7 to 9 hours per week to each course in which you enroll. That is a total of 50 hours on average per each course.
- You are graded on each course based on how well you do on special projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text(s), articles, lecture presentations, internet research, and then going online to complete assignments.
- Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the Professional Certificate/Advanced Certificate in Personal Fitness Training.
- There is not a specific class meeting time. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.
- Students may register for the [Advanced Certificate in Personal Training \(only after completing the Core Certificate\)](#), which consists of students completing three additional courses to achieve the designation.
- There are no prerequisites required to enter the program.
- Courses in the certificate program are offered year-round for your convenience, in an OPEN ENROLLMENT format.

The following are the five core courses and an optional field internship elective course in the typical three module format students choose to take the courses in, as most students elect to take two courses simultaneously:

Program Curriculum

Module One

Course 1: Introduction to Exercise Science-Level I (Anatomy and Kinesiology)

Course 2: Introduction to Exercise Science-Level II (Exercise Physiology)

Module Two

Course 3: Health Risk Profiles and Fitness Assessment Techniques

Course 4: Business Administration and Management Aspects for Personal Trainers

Module Three

Course 5: Designing Exercise Prescriptions for Normal/Special Populations)

Elective Course: Optional Field Internship in Personal Training (elective)

The Advanced Certificate's Three Courses:

Program Curriculum

Course 1: Nutritional Analysis and Management

Course 2: The Science and Biomechanics of Resistance/Weight Training Techniques

Course 3: Functional Flexibility, Core and Balance Training

Demonstration Course:

For an Online Demo, [Click Here](#).

Award of the Certificates:

1. Professional Certificate in Personal Fitness Training: complete all five core courses within a period of two years
2. Advanced Certificate in Personal Training: complete the Professional Certificate and all three Advanced Certificate core courses within a period of two years
3. Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the certificate(s): which includes quizzes, exams, written/research projects, and class assignments

Why Online Learning?

- Learning occurs in a user-friendly environment and is accessible to participants with little or no computer experience.
- Online courses give you the knowledge and tools you need to stay ahead in today's rapidly changing professional marketplace.
- Online education allows students to access their courses from anywhere there is an Internet connection even if you are traveling on business or on vacation.
- Flexibility: Students can attend class in the comfort and convenience of their own home, office, library, or internet café and complete assignments after breakfast, during lunch, late at night, while on vacation, or any time that is convenient for the student.
- Cost-effective: expenses related to facilities, travel, and non-productive time is reduced.

Frequently Asked Questions (FAQ):

What is an online course or online certificate program?

An Online course is a class offered over the Internet. The amount of work required of the student and the learning goals are no different than regular face-to-face classes. Students interact with each other and the teacher by email and phone.

Our goal is to make online learning not only convenient but a compelling learning experience. We want students engaged in the online material beyond just reading. We've incorporated projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text, articles, lecture presentations, and then going online to complete assignments. We also hope to try to incorporate adult learning theory objectives, keeping in mind that people learn in different ways (i.e., listening, seeing, and doing.) We think, as a result, our courses are interesting and more effective.

Are there any prerequisites for the Personal Trainer/Advanced Personal Trainer Program?

There are no prerequisites required. The Personal Trainer/Advanced Personal Trainer Program has been designed to introduce you to vital information that will serve as a foundation for expanding your Health and Fitness knowledge base in the future. The first two courses introduce you to important kinesiological terms and principles, in addition to Exercise Physiology principles and understanding. This information is necessary to not only understand how and why exercise is important, but also for communicating with current professionals in the fitness field, and outside of it. To train every client properly, Personal Trainers are expected to communicate with Cardiologists if there client has had heart issues, Physical Therapists for previous client injuries, and Allied/Health Medical Professionals for anything from High Blood Pressure to Diabetes. The rest of our courses teach you how to properly train someone from first meeting to exercise maintenance. In addition our Business Administration course will teach you how to properly structure your business so you can communicate with various health professionals, and then transcribe that information to your client's exercise routine with ease. Without knowledge in Kinesiology, Exercise Physiology, Fitness Assessment Techniques, Exercise Prescription, and Business Administration, it would be difficult to properly train anyone.

Are there any textbook requirements and what are the costs?

Yes, there are textbooks required per each course. When you register for a course(s), instructions for ordering textbooks or course materials either online or through a toll free number will be provided. The approximate total cost of textbooks for the 5 required courses to receive the Professional Certificate in Personal Fitness Training is \$245. The total cost of textbooks for the 8 required courses to receive the Advanced Certificate in Personal Fitness Training is \$430.

What are the technological requirements for participating?

In addition to a confident level of computer literacy, certain technical requirements must be met to enable a successful experience. Technical requirements include but are not limited to having internet access with a 56K modem, but it is highly recommended that you have **DSL or High Speed Cable Internet Access**; 64 MB system RAM; 200 MB free hard disk space memory or sufficient storage; Internet access with Netscape 4.0 or better or MS Explorer 4.0 or better, reliable email account access, CD-ROM/DVD capabilities, and a reliable Internet provider. Some individual courses may have additional software and/or hardware requirements.

NECESSARY SKILLS

- Knowledge of Windows or Mac OS
- Ability to use web browser, email, and Internet connection
- Ability to copy and save files in Windows or Mac OS

When do classes meet?

There is not a specific class meeting time. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.

Is an Online course the right choice?

If you agree with these statements, online courses may be for you!

- I am comfortable with using my computer for email, internet, and word processing
- I have access to a computer most of the time
- I have reliable high-speed internet connection
- I have good time management skills

How much time will you spend per week on this course?

Most of our courses require about 7 to 9 hours per week of effort on your part. You can expect to log into the online classroom early in the week when the weekly session is released and spend 45 minutes to an hour online with the new material. Then, log in 4 or 5 more times per week for 30 minutes or so to keep up with the class discussions questions, projects, quizzes, written assignments, and/or exams.

Student Testimonials

Read below for what our past students have to say about the Online Certificate in Personal Fitness Training.

"I love these on-line courses. It allows me to be flexible with my time and the pace of the course is perfect. I recommend on-line courses to anyone who has the desire to continue to learn and improve themselves". **C. Parkin, California**

"The online Personal Fitness Trainer program is a great way for working fitness professionals to add to their educational credentials." **J. Holland, Texas**

"The first two classes in Module One have inspired me to help others become more fit. They have provided a strong foundation to become more knowledgeable in the fitness industry. I am looking forward to the next classes." **N. Putney, Florida**

"This program opened a new career path for me that is exciting, timely, and rewarding." **J. White, Rhode Island**

Other Online Professional Certificate Programs Available:

- Certified Posture Specialist™ Certificate Program
- Certificate in Family Nutrition™
- Certificate in Fitness Business Management™
- Certificate in Functional Family Nutrition™
- Certificate in Nutrition for Optimal Health, Wellness, and Sports™
- Certificate in Personal Training and Group Exercise Training for Older Adults™
- Certificate in School Nutrition and Wellness™
- Certificate in Women's Exercise Training and Wellness™

Program Coordinator:

Ken Baldwin, M.ED., is the Program Coordinator and an instructor for the Professional Certificate in Personal Fitness Training Program. In addition, he is the Co-Coordinator for the Certificate in Fitness Management. He is the former Chair of IDEA's National Personal Trainer Committee and Chair of the Senior Fitness Subcommittee for the Massachusetts's Governor's Committee on Physical Fitness and Sports. Ken is the Senior Editor and lead author for **ACSM's Resources for the Personal Trainer Manual (2nd Ed.)** and textbook. He has served on national committees for ACSM, AAHPERD (AAPAR), IDEA, and the MFA. He has been honored with numerous awards including IDEA's Personal Trainer of the Year Award, presented at the IDEA International Personal Training Summit. If you have questions about the certificate program and courses, you may contact the Program Coordinator at

kbpft@yahoo.com

Thank you for your interest in the certificate programs. Please let me know if you have any additional questions.

Regards,

Ken Baldwin, M.ED, ACSM-HFS, NPI-Certified Posture Specialist (CPS)

Program Coordinator

IDEA Personal Trainer of the Year Award Recipient

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