

Online Professional College Certificate in Personal Fitness Training Program



**AMERICAN COLLEGE
of SPORTS MEDICINE**



College Certificate Guide



Educational Fitness Solutions
instruction . training . support

Online Professional College Certificate in Personal Fitness Training Program

Register and Start Classes ANY TIME!

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Online Professional College Certificate in Personal Fitness Training Program

Dear Interested Student:

Thank you for your interest in the Online Professional College Certificate in Personal Fitness Training Program!

Our **Online Professional College Certificate in Personal Fitness Training** addresses the challenge of busy working professionals or for those students that have limited time to attend courses at a traditional on-site campus. We require no time to attend the campus. All the courses in the program are 100% fully online; allowing you to live anywhere while completing the college certificate. Students have the option of completing an internship via our Online Optional Field Internship course that allows students to work with faculty on selecting a site that matches the students' area of focus, close to the students' home and/or city of interest.

Please read below for more information on the structure of the program, courses, benefits, and information regarding our **OPEN ENROLLMENT Format that allows you to register and start courses right away.**

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. Students have the option to select during registration an individual program track that focuses on preparation for becoming a **Certified Personal Trainer (CPT)** by one the following organizations: **(1) American College of Sports Medicine (ACSM) CPT; (2) National Academy of Sports Medicine (NASM) CPT; and (3) American Council on Exercise (ACE) CPT.**

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). The certificate program is designed for students to take 2 courses at a time in a 3 module format. In addition, students have 1 full year to complete all the required courses, but typically students complete the program within 6 months.
3. The program is offered in partnership with the **American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), American Council on Exercise (ACE), National Posture Institute (NPI), IDEA, and Personal Fitness Professional (PFP).** ACSM provides graduating certificate students a preferred discount on the ACSM Personal Training Certification Exam and study materials. NASM provides certificate students a preferred discount on the NASM Personal Training Certification Exam and study materials. ACE provides graduating certificate students a preferred discount on the ACE Personal Training Certification Exam and study materials. This program is also offered in partnership with the **National Posture Institute (NPI)**. Included with the either certificate program registration, students will receive complimentary access to receive the **National Posture Institute's Certified Resistance Training Professional™ (RTP™)** Program and Exam. In addition, NPI provides graduating certificate students a preferred discount on the **National Posture Institute's Certified Posture Specialist™ (CPS™)** Program and Exam. IDEA has provided content/curriculum in the program. 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.

4. **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.
5. According to the U.S. Department of Labor's Bureau of Labor Statistics, by 2020, the demand for fitness trainers and instructors is expected to increase by 24 percent. 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.
6. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry.

Approved Continuing Education Credits/Units (CECs/CEUs)

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):

- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- National Strength and Conditioning Association (NSCA) (amounts vary, see NSCA website for current approval amounts)
- National Posture Institute (NPI) / 7 CECs
- International Sports Science Association (ISSA) / 10 CECs
- 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 **Academy of Nutrition and Dietetics, (formally ADA)** has approved the Certificate in Personal Training program for 50 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 80 CPEUs, and the Optional Field Internship Course for 10 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

This College Certificate Program is designed for:

- Fitness and Health professionals from all fields
- Individuals seeking a new career as a personal trainer working in the following settings: private and commercial health clubs/gyms, 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 the **American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)**, **National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)** **American Council on Exercise Certified Personal Trainer (ACE-CPT)** and **National Posture Institute-Certified Resistance Training Professional (NPI-RTP)**
- 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 six months but have up to one year.
- 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. Students may also take one course at a time.
- 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)

In this course, students gain an understanding of musculoskeletal and functional anatomy and the effects of exercise placed on joint structures during exercise movements. Emphasis is placed on learning about proper body alignment, joint range of motion (ROM), basic biomechanics, and kinesiological principles to the development of safe and effective exercise programs.

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

This course is designed to teach the personal trainer how the muscular, skeletal, and cardiorespiratory systems function with and without exercise conditioning. Additional topics include energy metabolism, neuromuscular function, and the physiology of exercise in relation to training programs and environmental considerations.

Module Two

Course 3: Health Risk Profiles and Fitness Assessment Techniques

This course teaches students how to assess and evaluate cardiorespiratory endurance, muscular testing techniques, joint ROM, flexibility, body-fat analysis, blood pressure, and body measurements based on ACSM guidelines. Topics include client screening procedures, medical and health history intake forms, identifying high-risk clients, determining the appropriate test, conducting the test, and evaluating the results.

Course 4: Business Administration and Management Aspects for Personal Trainers

This course gives personal trainers a solid background in developing or starting a personal training business and prepares them for financial management, marketing strategies, and business plan development. Techniques for effective management include standards and guidelines, facility/studio personnel management, and operational issues from a small personal training (PT) studio to managing a PT department at a large health facility.

Module Three

Course 5: Designing Exercise Prescriptions for Normal/Special Populations

This course teaches how to develop an exercise prescription in relation to health implications for normal/special populations related to age, medical condition, and fitness level. Topics include cardiac conditions, diabetes, physical disabilities, HIV and AIDS, asthma, sensory impairments, pregnancy, and program design for children to senior populations. This course is designed as a research-based class with emphasis on designing a step-by-step process to creating individualized exercise programs.

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

NOTE: This course is an optional course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a hands-on experience working with members at fitness facilities and health centers. Students intern for 60 total hours in this course.

The Advanced Certificate's Three Courses:

Program Curriculum

Course 1: Nutritional Analysis and Management

Students will study the basic nutrition principles and how to apply them when designing structured nutritional programs for clients in collaboration with registered dietitians and nutritionists. The focus will be on vitamin, mineral, and supplement knowledge; the effects of nutrition on the exerciser and non-exerciser; strategies for successful weight management; and recognizing normal to disordered eating patterns.

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

This course teaches an educational systematic approach to teaching resistance/weight training movements. The practical application of anatomy, physiology, and body alignment is introduced to analyze weight training techniques, exercise equipment, and the risk/benefit analysis of a specific exercise chosen. Equipment modalities reviewed include stability balls, exercise bands, free weights, body weight, and commercial strength equipment.

Course 3: Functional Flexibility, Core and Balance Training

Students will study principles and techniques for evaluation and implementation of exercise prescriptions that include instruction in flexibility, core, and balance training. Students will learn how the beginning phases of an exercise program are based upon the starting point/level of the client based upon performance of initial assessments, neurological ability, and individual goals. In addition, students will learn to implement the Sequential Exercise Training (SET) Model to enhance posture, body alignment, stability, proprioception, and awareness to more complicated exercise movements or functional movements.

Demonstration Course:

For an Online Demo, email do@edfit.com and request demo access for the Personal Fitness Training Program.

Award of the Certificates:

1. Professional Certificate in Personal Fitness Training: complete all five core courses within a period of one year
2. Advanced Certificate in Personal Training: complete the Professional Certificate and all three Advanced Certificate core courses within a period of one year
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 kinesiology 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 safely and effectively.

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:

- **National Posture Institute Certificate Programs**
 - Certified Posture Specialist™ Certificate Program
 - Certified Resistance Training Professional™ Certificate Program
 - Certified Goniometry Specialist™ Certificate Program
- **Career Development Certificate Programs (Approved for ACSM CECs and other organizations):**
 - Certificate in Personal Fitness Training/Advanced Personal Fitness Training™
 - Certificate in Fitness Business Management™
 - Certificate in Older Adult Personal Training & Group Exercise Training™
 - Certificate in Women's Exercise Training and Wellness™
 - Certified Essentrics Trainer™ Certificate Program
- **Nutrition Specialization Certificate Programs (Approved for Academy of Nutrition and Dietetics CPEUs, ACSM, NSCA, and other organizations):**
 - Certificate in Functional Nutrition™
 - Certificate in Sports Nutrition and Performance™
 - Certificate in Family Nutrition™
 - Certificate in School Nutrition and Wellness™



Biography

Kenneth E. Baldwin

**Associate Professor/Program Coordinator
and Executive Director-National Posture Institute (NPI)**

Ken Baldwin is an Associate Professor and the Program Coordinator for the Professional Certificate in Personal Fitness Training Program. Ken has received national recognition from numerous media outlets including *Newsweek*, *L. A. Times*, *Chicago Tribune*, *Indianapolis Star*, *Athletic Business*, *WRTV-TV 6*, *MSNBC.COM*, *the Associated Press*, *IDEA Fitness Journal*, *New York Newsday*, *Club Industry*, *IHRSA*, and *Personal Fitness Professional* for establishing academic programs and degrees focusing on fitness, exercise science, and the personal training profession.

In addition, Ken is the Executive Director for The National Posture Institute™ (NPI), an educational and professional organization that provides certificate programs for personal trainers/exercise instructors and allied health/medical/fitness professionals to receive the **National Posture Institute-Certified Posture Specialist™** and the **National Posture Institute-Certified Resistance Training Professional™** designation. NPI is dedicated to delivering to personal trainers and current allied health/medical/fitness professionals, the collegiate educational system, the media, and the general public information and education on posture, body alignment, and perfecting resistance training movements through innovative educational resources, teaching/business solutions, and onsite CEC workshops and online/distance education courses.

Ken has been involved in the fitness, wellness, and education profession for over 15 years. With an extensive background in the fitness industry which includes operating and managing a personal training company, to training many types of populations from children to seniors and beginning exercisers to athletes, to lecturing and consulting at college/university departments, corporations, public events, national conventions (*ACSM Health and Fitness Summit*, *Club Industry*, *IDEA World Conference*, *AAHPERD*, *Canadian Fitness Professional Conference*, and the *Medical Fitness Association*, to name a few) and international conferences. In addition to his industry experience, he is actively involved in working with national organizations and colleges/universities in developing educational standards for those wishing to enter the personal training and fitness profession.

Ken is also the former **Chair of IDEA's National Personal Trainer Committee**, **Chair of the Senior Fitness Subcommittee for the Massachusetts's Governor's Committee on Physical Fitness and Sports**, and was an elected Board Member to the Massachusetts's Governor's Committee. He has served on national committees with organizations that include the American College of Sports Medicine (ACSM), LifeFitness Academy, AAHPERD, the National Posture Institute, and the Medical Fitness Association (MFA). Ken is the Senior Editor, content expert, and lead author for **ACSM's Resources for the Personal Trainer Textbook (2nd Edition)**. He's been awarded Boston's Best Personal Trainer three times and is the Recipient of **IDEA's National Personal Trainer of the Year Award**. 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, ACSM-Certified Exercise Physiologist, NPI-Certified Posture Specialist (CPS)

Associate Professor and Program Coordinator

IDEA Personal Trainer of the Year Award Recipient

Email: kbpft@yahoo.com