



College Certificate Guide



**Online Professional College Certificate in Older Adult
Personal Training and Group Exercise Program**

Register and Start Classes ANY TIME!

Contact Information: Certificate Program Coordinator

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Program Coordinator

Online Professional College Certificate in Older Adult Personal Training and Group Exercise Program

Dear Interested Student:

Thank you for your interest in the Online Professional College Certificate in Older Adult Personal Training and Group Exercise Program!

Our **Online Professional College Certificate in Older Adult Personal Training and Group Exercise Program** 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 College Certificate in Older Adult Personal Training Older Adult and Group Exercise has been established to set a national standard to ensure the development of safe and effective exercise programs for older adults by personal trainer and allied health/medical and fitness professionals. Content and curriculum within each course in the program is designed to supply essential educational pathways and career opportunities to those seeking to start a career working with senior/older adults in the emerging fitness/health industry, for established fitness professionals who desire advanced education in working with older adults, and for allied health and medical professionals from all fields seeking to design specialized exercise and wellness programs for their older adult clients and patients. Finally, the certificate will also prepare individual 50+ exercise enthusiasts interested in developing a personalized program based on current research and organizational guidelines. Benefits of the Online Professional Certificate in Personal Training and Group Exercise Training for Older Adults 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 Senior 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 2 module format. In addition, students have 1 full year to complete all the required courses, but typically students complete the program within 4 months.
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. 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 offered in partnership with the **National Posture Institute (NPI)**. Included with the certificate program registration, you will receive complimentary access to receive the **National Posture Institute's Certified Resistance Training Professional™ (RTP™) designation**. The program is also offered in partnership with the **International Council on Active Aging (ICAA)**, the **American Senior Fitness Association (SFA)**, the **Aquatic Exercise Association (AEA)**, and **Healthways SilverSneakers® Fitness Program**. Students graduating from the certificate program will receive a complimentary subscription to ICAA Research Review and an electronic copy of ICAA's bi-monthly Journal on Active Aging. If a student wishes to upgrade to a full membership, they will receive a 40%

discount on their membership fee (offer good for new members only). In addition, graduating students will receive preferred discounts for the SFA's certification exams (Senior Personal Trainer Certification or the Senior Fitness Instructor Certification), the AEA's certification exam (Aquatic Exercise Association Fitness Professional Certification), and for Healthways Instructor Accreditation for Older Adult Exercise.

5. Obtain a professional college certificate from an accredited institution.
6. 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.
7. 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.
8. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry.
9. **INTERNSHIP SITE PROVIDERS:** If you are a health/fitness facility interested in being an internship site for students in any of our certificate programs (Personal Training, Fitness Business Management, or Senior/Older Adult Training), please email Dimitri Onyskow at do@edfit.com Please include your full name, title, facility you represent, mailing address, email address, and telephone number.

Continuing Education Credits

The following National Organizations/Associations have approved each Older Adult Personal Training and Group Exercise Training required course for CEC/CEU's:

- American College of Sports Medicine (ACSM) / 50 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs (excludes the Business Management course)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- National Posture Institute (NPI) / 7 CECs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- The National Council on Strength and Fitness (NCSF) / 10 CEUs
- The National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs

This Certificate is designed for:

- Current allied health/medical and fitness professionals and personal trainers interested in developing safe and effective exercise programs for older adults.
- Current fitness managers and directors wishing to manage and market new programs to older adults.
- Education directors of multi-site facilities or chains trainings fitness professionals to work with older adults.
- Companies that require the certificate program as a professional development program for employees to achieve key business goals, career objectives, and skills to advance beyond entry-level positions.
- Individual senior and older exercise enthusiasts interested in seeking to stay current in exercise program design, health, and wellness would benefit from this program as well.

Certificate Program Structure:

- The program is comprised of 4 required core courses (Courses 1-4 below) and an Optional Supervised Field Internship Elective Course. Students may complete the program and internship in as little as 4 months or have up to one year.
- The certificate program is designed for students to take 2 courses at a time in the 2 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 Highly Recommended that you begin with two courses in Module One: **Course 1: Socio-Physiological Aspects of Aging** and **Course 2: Designing Older Adult Exercise Programs** 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 5 to 10 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 Senior Personal Fitness Training for Older Adults.
- 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.
- 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 four core courses and an optional field internship elective course in the typical two module format students choose to take the courses in, as most students elect to take two courses simultaneously:

Program Curriculum

Module One

Course 1: Socio-Physiological Aspects of Aging

This course will provide the student with a solid foundation in the social and physiological aspects of aging. Topics covered include: theories of aging; physiological changes within cells, organs, and bodily systems; social implications of growing older; and common conditions and diseases associated with aging.

Course 2: Designing Older Adult Exercise Programs

In this course, students will gain an understanding of the role of exercise in improving health, fitness, function and quality of life in older adults. The current recommendations for cardiovascular, flexibility, resistance, mobility and balance training will be discussed. An emphasis will be given to common health conditions such as cardiovascular disease, diabetes, arthritis and frailty.

Module Two

Course 3: Business Management and Administration for the Mature Market

A contemporary view of aging in this country will be explored to better understand the current and rising aging cohorts. Through a study of age-friendly facility design, equipment selection, fitness management, marketing, administration, financial procedures and protocols, and various aspects of operations students will appreciate how to attract, serve and retain the mature market.

Course 4: Exercise and Aging for Special Populations

As a continuation of Designing Older Adult Exercise Programs, this course encompasses a deeper study of designing safe and effective exercise programs for older adults. Going beyond the basic exercise recommendations for this population, students will, by the end of this course, be able to design an appropriate fitness regimen taking into consideration critical information such as a client's age, gender, health history, current health conditions and exercise history.

Module Three

Elective Course: Optional Field Internship in Senior Personal Fitness 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 older adults at senior fitness facilities and health centers. Students intern for 60 total hours in this course.

Demonstration Course:

For an Online Demo, email do@edfit.com and request demo access for the Senior PFT Program.

Award of the Certificates:

1. Professional Certificate in Personal Training and Group Exercise Training for Older Adults: complete all four core courses within a period of one year
2. 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, phone, and through class discussion forums.

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 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.

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 5 or 10 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, coffee house hours, and/or exams.

Student Testimonials

Read below for what our past students have to say about the Online Certificate in Personal Training and Group Exercise Training for Older Adults

“This on-line study is educational and interesting. It opened my interest to an on-line study program in the health & Fitness Industry further.” **Angelika B. Washington**

“Very informative, relevant information. Excellent textbook and additional readings.” **Kathy P. Illinois**

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 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™

Program Coordinator:

Natalie Johnson, MS, is a Fitness Professional with over 20+ years' experience in the field. She has a MS in Wellness Promotion and a BS in Exercise Physiology. Natalie is a Certified Personal Trainer, Group Fitness Instructor, Sports Nutritionist, Wellness Coach and Pre/Post Natal Specialist. Natalie is a national presenter/speaker and has taught courses for **San Diego State University's Personal Training Certificate Program**. In addition, she continues to teach other fitness professionals through a mentorship program she runs through her business "Fit Chicks". She currently manages preventative health and wellness programs for a Medical Health Plan and is the **Regional Director** for the **Medical Fitness Association**. If you have questions about the certificate program and courses, you may contact the Program Coordinator at do@edfit.com

Thank you for your interest in the certificate programs.

Regards,

Natalie Johnson M.S.

Program Coordinator

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