

ONLINE PROFESSIONAL CERTIFICATE

# Personal Fitness Training



SCHOOL OF PROFESSIONAL AND  
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**THOMAS  
EDISON**  
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*[www.tesc.edu](http://www.tesc.edu)*

ONLINE  
PROFESSIONAL CERTIFICATE

## Personal Fitness Training

*Learn to develop and implement  
a unique, medically-based fitness  
model for your clients*

The Online Professional Certificate in Personal Fitness Training provides continuing education for current fitness, health and medical professionals and professional development and education for students seeking careers as personal trainers in the emerging fitness and health industry.

This noncredit program can be completed in as little as five months. Students learn how to integrate a client's health history, goals and abilities with exercise science curriculum and practical training techniques into a systematic model that teaches how to progress clients through different training levels and phases.

You  
*can*  
do  
this.

**ENROLL TODAY!**

REGISTER ONLINE by visiting [www.tesc.edu](http://www.tesc.edu) and clicking on "Professional Certificates."

CERTIFICATE PROGRAM: \$1,375.00, plus books  
(Includes 5 courses at \$275.00 per course)  
Any fee increases will be updated on the Web site.

The School of Professional and Continuing Studies at Thomas Edison State College offers a broad array of high-quality professional certificates, seminars, workshops and other noncredit programs specifically designed for the working adult to develop and enhance knowledge, skills and competencies in the workplace. In addition to programs available for individual enrollment, the School of Professional and Continuing Studies works with corporations, government agencies and nonprofit organizations to develop customized professional development programs. To learn more about the Professional Certificate in Personal Fitness Training, call (888) 442-8372 or e-mail us at [info@tesc.edu](mailto:info@tesc.edu).

## ONLINE PROFESSIONAL CERTIFICATE IN PERSONAL FITNESS TRAINING

### *Program Structure*

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- ▶ The program requires the successful completion of five core courses. Participation in a Supervised Field Internship is optional. The program and internship can be completed in as little as five months or up to two years.
  - ▶ Courses begin each spring, summer and fall. Go to [www.tesc.edu](http://www.tesc.edu) and click on "Professional Certificates," then Personal Fitness Training, for a course calendar.
  - ▶ The program is designed for students to take two courses at a time in the three module format and each course/module is 6 weeks in length. Students typically spend between 4-6 hours per week on assignments and may take courses individually at any point during the program.
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### *Personal Fitness Training Curriculum*

#### **MODULE ONE (WEEKS 1-6)**

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

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

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#### **MODULE TWO (WEEKS 7-12)**

**Course 3:** Health Risk Profiles and Fitness Assessment Techniques

**Course 4:** Business Administration and Management Aspects for Personal Trainers

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#### **MODULE THREE (WEEKS 13-18)**

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

Elective Course: Optional Field Internship in Personal Training

## ADVANCED CERTIFICATE IN PERSONAL FITNESS TRAINING

The Advanced Certificate is designed for students interested in furthering their personal training education by incorporating specialized resistance training, functional movement and nutritional programs for their clients.

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#### **MODULE ONE (WEEKS 1-6)**

**Course 1:** Nutritional Analysis and Management

**Course 2:** Functional Flexibility, Core and Balance Training

**Course 3:** The Science and Biomechanics of Resistance/Weight Training Techniques

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For course descriptions, visit [www.tesc.edu](http://www.tesc.edu) and click on "Professional Certificates."

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#### **PROGRAM COORDINATOR:**

Ken Baldwin, MEd., is the program coordinator and an instructor for the Professional Certificate in Personal Fitness Training Program. He is the former chair of IDEA Health and Fitness Association's National Personal Trainer Committee and chair of the Senior Fitness Subcommittee for the Governor's Committee on Physical Fitness and Sports in Massachusetts. Baldwin is co-editor and lead author for the American College of Sports Medicine's Resources for the Personal Trainer Manual (2nd edition) and textbook and serves on several national committees on fitness and training.

## *Who Should Enroll in This Program?*

- ▶ Fitness professionals from all fields
- ▶ Individuals seeking a new career as a personal trainer
- ▶ Allied health and medical professionals, including physical therapists, registered dietitians, athletic trainers, nurses, physicians, chiropractors, public health educators and wellness consultants seeking advanced education or new career opportunities

## *Benefits of Professional Certification*

- ▶ Guidance and instruction from instructors that hold either a Master's or PhD degree in exercise science, biomechanics, exercise physiology, kinesiology, physical therapy, nutrition or an exercise science-related degree
- ▶ Optional Field Internship
- ▶ The Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association, has approved this program for Continuing Professional Education Units (CPEUs)
- ▶ The certificate is offered in partnership with the American Council on Exercise® (ACE), which offers graduates a 20% discount on the ACE Certified Personal Trainer® Certification Exam (NCCA accredited) and on study materials

▶ Current ACE-certified professionals who complete the certificate program will earn ACE Continuing Education Credits towards recertification

▶ Networking opportunities with industry experts, medical professionals, professors, researchers and business leaders in the industry

## *An Unprecedented Demand*

According to the U.S. Department of Labor, fitness trainer was listed among the fastest growing occupations, expected to grow 44% through 2012. Earning a Professional Certificate in Personal Fitness Training can provide a significant competitive edge in a field that continues to experience explosive growth.

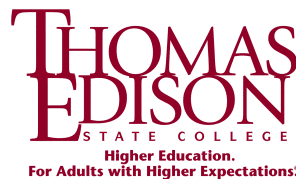


# about us

Thomas Edison State College was chartered in 1972 and is one of the oldest colleges in the country designed exclusively for adults. It is one of New Jersey's 12 senior public institutions of higher learning and the only state college of its kind in New Jersey. Thomas Edison State College is regionally accredited by the Middle States Association of Colleges and Schools.

**THE NEW JERSEY STATE LIBRARY** is an affiliate of Thomas Edison State College and provides free online resources to students pursuing their education. *JerseyClicks.org* offers pertinent full-text articles from current newspapers, magazines and journals that can be downloaded and printed. *JerseyClicks* allows students to search up to 30 databases at once on topics such as business, education, science, history, health and literature. Students seeking assistance researching a specific topic can log on to *QandANJ.org*, where they can consult online with a reference librarian from a participating college or university library, 24 hours a day. For questions that require lengthy research, *QandANJ.org* can get students started or refer them to other sources that can help answer their question. *JerseyClicks.org* and *QandANJ.org* are supported in whole or part by The Institute of Museum and Library Services through the Library Services and Technology Act.

*You've waited long enough.*



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