

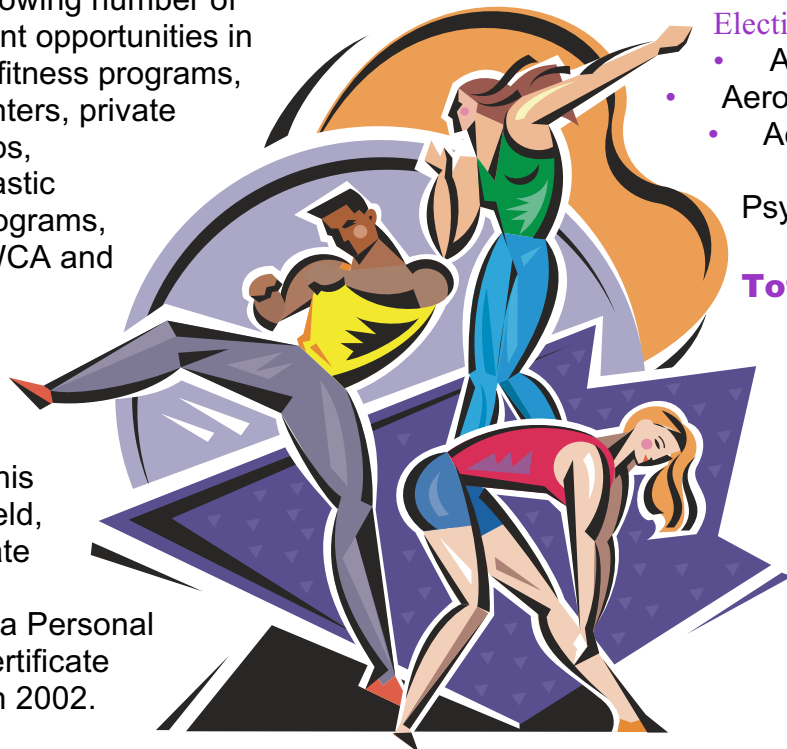
A growing field

Personal Training is the fastest growing segment of the fitness industry. Several factors have contributed to the need for professional, personal trainers, including

- ◆ increasing interest in and importance of fitness
- ◆ the need for educated professionals to direct health and fitness programs
- ◆ the recognition of sport and fitness as a lucrative business endeavor

Due to these trends, the industry now offers a growing number of employment opportunities in corporate fitness programs, fitness centers, private sports clubs, interscholastic athletic programs, YMCA/YWCA and more.

In response to the needs of this growing field, Prairie State College is launching a Personal Trainer Certificate program in 2002.



The program: Technical Certificate

Program Requirements

- Essentials of Anatomy & Physiology 4
- First Responder 3
- Health and Wellness 2
- Nutrition for Sports & Exercise 3
- Fitness Assessment & Program Design I 3
- Athletic Training Techniques 3
- Introduction to Biomechanics 3
- Aerobic Instructor Training 2
- Introduction to Modern Business 3
- Weight Training: Theory & Application 2
- Leadership Development 2
- Internship Seminar 1
- Internship for Personal Trainers 3

Electives (optional)

- Aerobics I 1
- Aerobics II 1
- Aerobics III 1
- Introduction to Psychology 3

Total Credit Hours 34-36



Faculty and classes

Prairie State College professors have many years of professional experience, combined with the dedication to train fitness professionals with enthusiasm. Classes are conveniently scheduled to fit your busy life. An internship will supplement the curriculum, giving valuable information and experience to students. The curriculum is offered on both a one-year, full-time and a two-year, part-time schedule.

**Your future begins here.
Take the
first step.**