

FITNESS/PERSONAL TRAINER

 Frederick Community College



Program Contact

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Fitness/ Personal Trainer

Personal Trainers work in fitness centers and gyms conducting a variety of classes, from weight training to spinning to targeted areas, such as abdominal muscles. Personal Trainers work with diverse individuals to assess their fitness levels and establish training goals and personal programs for each client.

The Program

The Fitness/Personal Trainer Certificate is available through Frederick Community College's Physical Education Program. Classes will prepare students for a career as a personal trainer, one who is qualified to physically train different groups or individuals to improve their fitness level. Certification testing is available through the National Academy of Sports Medicine (NASM) upon completion of the certification training.

The NASM certification program includes a specified curriculum and requires an internship, as well as passing the certification exam. The FCC/NASM curriculum includes classes in biology, anatomy and physiology, and introduction to business, as well as the physical education courses Fitness for Living, Methods of Fitness and Conditioning, Methods of Weight Training, and Essentials of Personal Training with lab.

Students who achieve the Fitness/Personal Trainer certificate have a strong foundation for further coursework in physical education related fields. This certificate can be used to meet the elective requirements of FCC's Associate of Arts degree in general studies.

Program Objectives

- Knowledge of anatomy and physiology and basic kinesiology
- Ability to apply the principles of training
- Understanding of how to work with diverse populations
- Ability to assess fitness levels and design individual fitness programs
- Ability to work with clients to further their fitness levels

Skills Needed

- Ability to work independently and with clients and co-workers
- Ability to communicate effectively
- Knowledge of anatomy and physiology, and kinesiology
- Ability to complete required paperwork
- Ability to maintain professional standards and abide by the NASM code of Ethics



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Growth Potential

The Fitness/Personal Trainer Certificate allows students to enter the workforce directly after earning the certificate. According to the U.S. Bureau of Labor Statistics, employment of fitness trainers and instructors is projected to grow 8 percent from 2014 to 2024, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors. *(Source: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2016-17 Edition, Fitness Trainers and Instructors)*

Faculty

Jan Sholes: Program Manager and Professor, Health and Wellness. Other instructors for the program will include NASM certified Personal Trainers as well as specialists in the areas of Nutrition, Fitness, and Wellness.

Financial Assistance

FCC participates in federal, state and local financial aid programs. Students are encouraged to apply for financial aid, and for scholarships offered by the College and community. Financial aid applications are available in the Financial Aid Office, J301, or online at www.fafsa.ed.gov. The scholarship application is available at www.frederick.edu.

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Frederick Community College makes every effort to accommodate individuals with disabilities. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7939 or 301.846.2408 (Voice) or email Interpreting@frederick.edu. Requests for any accommodation should be made at least five working days prior to attending a scheduled event.

For more information on Fitness/Personal Trainer:

Contact Jan Sholes at 301.846.2503 or email jsholes@frederick.edu

Course

Credits

Departmental Requirements

| | | |
|----------|---|---|
| BI 103 | Anatomy & Physiology or | |
| BI 107 | Fundamentals of Human Anatomy | 4 |
| HE 110 | Nutrition Basics..... | 1 |
| PE 108 | Body Mechanics | 1 |
| PE 154 | Fitness for Living..... | 3 |
| PE 237 | Exercise Psychology..... | 1 |
| PE 241 | Methods of Fitness and Conditioning..... | 1 |
| PE 247 | Methods of Strength Training | 1 |
| PE 249 | Fitness Assessment and Business Practices | 3 |
| PE 250 | Care and Prevention of Athletic Injuries | 3 |
| PE 252 | Essentials of Personal Training..... | 4 |
| INTR 012 | Internship..... | 2 |

24

PE 249 is only offered in the fall semester. PE 252 is only offered in the spring semester. Students should do the internship in the same semester as PE 252, or if not, then in the semester immediately following.

Additional Costs are required for PE252, the certifying class for the NASM credential. When you sign up for this class a fee is charged to your account that covers the cost of the textbook for PE252, the voucher for the certification exam, and the key code to access the NASM online resources for the course. The estimated cost for this bundle is \$500.00. Costs are subject to change.

Students must have a current CPR certification to sit for the Personal Trainer exam.

Other Recommended Courses:

- HE 102 Nutrition in a Changing World or
- HE 200 Principles & Application of Nutrition
- HE 115 Stress Management Techniques or
- HE 201 Stress Management
- PE 198A Boot Camp
- PE 190 Pilates
- BU 109 Entrepreneurship & Small Business Enterprise