

CERTIFIED PERSONAL TRAINER



Do you have an interest in helping individuals on their journey of getting healthy? Do you want to assist them in developing and implementing a fitness training regimen that helps them lose weight, get stronger, improve physical performance, and maintain their health? Consider becoming a Certified Personal Trainer.

Certified Personal Trainers can work in gyms, community centers, resorts and cruise ships, client's homes, nursing homes, etc. According to the Bureau of Labor, "Employment of fitness instructors is projected to grow 10% from 2016 - 2026. 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."

*Applicants may be responsible to complete a background check. Once registered, a student will be provided information on completing the background check. Students are required to pay the cost of the background check. If you have been convicted of a felony, you should contact the Center for Workforce Development prior to registering for this program. A felony conviction may prevent you from participating in a clinical rotation/externship portion of the program. All cases will be reviewed on an individual basis. If it is determined that a student is not eligible to go into a clinical setting, the student may be allowed to continue with only the classroom portion of the program and may not meet requirements to sit for a certifying exam. The refund policy will be adhered to regardless of a student's eligibility for the clinical rotation/externship of any program.

COURSE INFORMATION

Offered in partnership with World Instructor Training Schools (W.I.T.S), NCC is offering the nationally recognized fitness career training necessary to become a Certified Personal Trainer. This challenging course is for candidates wanting LIVE instruction with in-depth, hands-on, practical lab to master the essential career skills and knowledge. The course consists of 15 hours of lecture, online via Zoom, on key topics like biomechanics, exercise physiology, fitness testing, equipment usage, health assessment. Fifteen (15) hours of hands-on practical training labs with role-playing drills on assessing clients, programming, performing proper exercises, presentation skills and more. The hands-on classes will be offered at a nearby gym facility. Proof of vaccination is required.

In addition, students have the option to complete a 30-hour internship at no additional cost. To be eligible for the internship students may be required to complete a background check.*

Included in this course is a complete 200-page student workbook, access to online student study tools and test vouchers to take the Certified Personal Trainer exam. Textbook is an additional cost.

CERTIFICATION

This program is accredited by the National Commission for Certifying Agencies (NCCA) and approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) for continuing education. Students can register for the Certified Personal Trainer exams after completing the course and providing proof of a current CPR/AED certification. Once both the written and practical exams are passed, students will attain Level 1 Certified Personal Trainer status and will then be able to complete the employer internship and advance to Level 2 Certified Personal Trainer credential.

CE1 270 B1 ZOOM and CLASSROOM COURSE Meets: Tuesday and Thursday, 6:00pm-9:00pm for 10 sessions.

February 22 – March 31, 2022

National Certification Testing: **Tuesday, April 5 and Saturday, April 9.**

Fee: \$895



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For further information, please visit ncc.edu/workforcedevelopment

CENTER FOR WORKFORCE DEVELOPMENT

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