

Make the **smart** choice for your future.

CONSIDER A NEW CAREER AS A CERTIFIED PERSONAL TRAINER



Course Information

Offered in partnership with World Instructor Training Schools (W.I.T.S.), this course provides all the information needed to start an exciting fitness career as a Certified Personal Trainer and will teach you all of the essentials to be a successful fitness trainer. The course includes the ONLY IN-PERSON hands on practical skill labs in the fitness industry. In the practical skill labs, you will be taught each week in the gym by role-playing and completing essential job tasks. You will be able to design and lead assessment testing of clients' stretching regimens, cardio warm ups/cool downs with a purpose, exercise analysis for implementing free weight, exercise tubing, machines and bodyweight exercises for clients' needs and abilities. The virtual "LIVE" lectures on core knowledge are led by our five-star veteran instructors each week at a set time. Topics will cover 15 hours on anatomy, exercise physiology, kinesiology, biomechanics, nutrition and more; the class is an NCCA accredited program which employers desire to work in the field. There is also an option to receive three college credits towards a degree through the American Council on Education. (Transcripts provided as needed from ACE).

The national Level 1 Certification test voucher (\$450 value) for use at the end of the course and a 30-hour bonus employer internship (Level 2 Certification) help locate jobs with local employers. To be eligible for the internship, students may be required to complete a background check.*
Required Textbook (additional cost): Howley, Edward T. and Thompson, Dixie L. 2017. *Fitness Professional's Handbook*. 7th Edition. Publisher: Human Kinetics, Champaign, IL.

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 the Level 2 Certified Personal Trainer credential.

CE1 270 B1 SYNCHRONOUS ONLINE (ZOOM) and at a LOCAL GYM COURSE

Meets:
Tuesday 6:30pm-9:30pm (ZOOM),
Saturday 12:00pm-3:00pm (LOCAL GYM)
February 6 - March 9, 2024 for 10 sessions.

National Certification Testing: Tuesday, March 19, 2024 (written);
Saturday, March 23, 2024 (practical).

Registrations accepted through **January 29, 2024**.
Fee: \$925

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.*

Follow us on Instagram and Facebook @nassaucommunitycollege

(Rev. 12/23)

For further information,
please visit ncc.edu/workforcedevelopment

CENTER FOR WORKFORCE DEVELOPMENT
Phone: 516.572.7487 | Email: cwd@ncc.edu

REGISTRATION FORM

Please answer all questions on this form and send it together with your check, money order, or credit card information to:

CENTER FOR WORKFORCE DEVELOPMENT

Nassau Community College
One Education Drive
Garden City, New York 11530-6793

Make check payable to: Nassau Community College

OR fax the form with credit card information to:
516.828.3507 **OR email** to CWD@ncc.edu.

HOW DID YOU HEAR ABOUT OUR COURSES?

- Brochure/Mail Family/Friend
 Website Facebook/Instagram
 Email Google
 Other: _____

Last Name _____

FirstName _____

Address _____

City _____ Zip _____

Home Phone: () _____ Cell Phone: () _____

*Birthdate: mm/dd/yyyy ___/___/_____ I identify my gender as: _____

Have you ever taken any courses at NCC? Yes No NCC ID# N00 _____

*Preferred E-mail: _____

*Alternate E-mail: _____

*required information

COURSE SELECTION

YOU MUST BE 17 OR OLDER TO REGISTER WITH THE EXCEPTION OF HSE AND SAT PREP COURSES.

CED #	SECTION	COURSE TITLE	DAY	FEE
Total Amount:				\$

- By submitting this registration form, I am accepting the terms of the refund policy noted below.
- I certify that there is sufficient credit amount on the card listed below to cover the fee charges shown on this Registration Form. Otherwise, I understand the lack of approval by my credit card company will result in cancellation of this registration for non-payment.

CREDIT CARD PAYMENT INSTRUCTIONS:

- I authorize the use of my credit card account for full payment of the amount of my course registration as indicated on this non-credit registration application.

Credit Card Processing Fee of 2.75% applies ONLY if a student pays online through the NCC portal (i.e., \$100 course will be charged at \$102.75).

Step 1: Print Cardholder's name _____
(as it appears on the credit card)

Step 2: Provide Cardholder's signature: _____

Step 3: Card Information:

PLEASE Check ONE: VISA Mastercard Discover American Express

Card Number: _____ **Date of Expiration:** ___/___/_____

Non-Credit Refund Policy: Fee is refundable when a course is canceled by the College. For a program or course offered by the Center for Workforce Development (CWD), a refund request must be received in writing at least seven (7) days prior to the start of the course to be honored by CWD. Please be advised that if a refund is due, it will take approximately 2-3 weeks to be processed.

