



Personal Fitness Trainer Certification v3

COMING HERE NOVEMBER 2008!!

WHAT IS IT?

A three-day certification workshop including lectures, practical demonstrations and written and practical exams. The curriculum includes:

- Anatomy and kinesiology
- Fitness assessment testing procedures (3-minute Step test, sit-and-reach, push-up, abdominal crunch, body composition screening with skin-fold caliper measurement)
- Nutrition fundamentals and weight management
- Special populations and medical considerations
- Listening, leadership and motivational skills
- Exercise programming in the weight room
- Wellness programming and screening guidelines

WHO IS IT FOR?

For the aspiring and experienced fitness professional working one-on-one with exercise clients.

- Early registration and pre-study is required.
- Weight room/weight training experience is strongly recommended.

WHAT DOES IT COST?

The workshop fee is \$469* (Discount available for host site instructors and members!). This fee includes:

- 3-day Certification Workshop
- Personal Fitness Trainer Certification Study Guide
- One-year AFAA membership (\$68 value) or membership extension to current members and a subscription to *American Fitness* magazine (does not include postage to addresses outside the U.S.)
- AFAA Certified Personal Fitness Trainer certificate and I.D. card (upon successful completion of both written and practical examinations) CPR certification required before certificate is issued.

For AFAA certified professionals who wish to register for CEU credit only, not for certification, the workshop fee is \$255. Receive 15 CEUs.

*Fee does not include the recommended *Personal Fitness Training: Theory and Practice* textbook (\$59 plus shipping).

AFAA is the world's largest fitness and TeleFitness® educator. Since 1983, AFAA has issued over 200,000 certifications to fitness professionals from more than 73 countries around the world. Each year, health clubs and studios host over 2,500 educational workshops across the nation. AFAA provides a comprehensive written and practical examination accredited by Vital Research. AFAA is proud to be granted affiliate status with the National Board of Fitness Examiners (NBFEE) and is a member of the National Organization of Competency Assurance (NOCA). AFAA also applied for an additional accreditation through an organization recognized by the Council for Higher Education Accreditation (CHEA) and the US Department of Education, meeting IHRSA's 2005 recommendation on accreditation for fitness certification organizations.