Learn everything you will need to succeed in becoming a certified personal trainer in

HES 3873
Principles of Personal Training

Course Instructor
Ashley Walter, M.S., CSCS

Course Description
Prepares individuals who are interested in becoming certified personal trainers (CPT) through the National Strength and Conditioning Association. Instruction describes basic exercise physiology as well as the principles of developing a personal training regimen for a typical gym trainee. Course reinforces training principles and teaches the basic skills necessary for certification.

Dates and Times
Monday thru Friday; May 17-June 1
from 9:30am until 1:50pm
(plus a lunch break)

Location
Physical Sciences, Room 223