

# **Online Personal Fitness Training (PFT) and Advanced PFT Certificate Schedule**

## **Professional Certificate and Advanced Certificate Start and End Dates**

Summer Semester: June 14, 2010-Oct. 17, 2010

Fall Semester: Sept. 20, 2010-January 23, 2011

### **Summer Schedule 2010**

Module 1: June 14-July 25 (Registration Deadline is June 11)

Introduction to Exercise Science-Level I (Anatomy and Kinesiology)

Introduction to Exercise Science-Level II (Exercise Physiology)

Module 2: July 26-Sept 5 (Registration Deadline is July 23)

Health Risk Profiles and Fitness Assessment Techniques

Business Administration and Management Aspects for Personal Trainers

Module 3: Sept 6-Oct 17 (Registration Deadline is Sept 3)

Designing Exercise Prescriptions for Normal/Special Populations

Optional-Field Internship in Personal Fitness Training

### **Advanced Certificate**

Module 1: June 14-July 25 (Registration Deadline is June 11)

The Science and Biomechanics of Resistance/Weight Training Techniques

Functional Flexibility, Core and Balance Training

Nutritional Analysis and Management

### **Fall Schedule 2010-2011**

Module 1: Sept. 20 – Oct 31 (Registration Deadline is Sept 17)

Introduction to Exercise Science-Level I (Anatomy and Kinesiology)

Introduction to Exercise Science-Level II (Exercise Physiology)

Module 2: Nov. 1 – Dec. 12 (Registration Deadline is Oct 29)

Health Risk Profiles and Fitness Assessment Techniques

Business Administration and Management Aspects for Personal Trainers

Module 3: Dec. 13, 2010- Jan. 23, 2011 (Registration Deadline is Dec 10)

Designing Exercise Prescriptions for Normal/Special Populations

Optional-Field Internship in Personal Fitness Training

### **Advanced Certificate**

Module 2: October 18 – November 28 (Registration Deadline is Oct 15)

The Science and Biomechanics of Resistance/Weight Training Techniques

Functional Flexibility, Core and Balance Training

Nutritional Analysis and Management