



## **College Certificate Guide**



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### **Online Professional College Certificate in Women's Exercise Training and Wellness Program**

**Register and Start Classes ANY TIME!**

**Contact Information: Certificate Program Coordinator**

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## Online Professional College Certificate in Women's Exercise Training and Wellness Program

Dear Interested Student:

Thank you for your interest in the Online Professional College Certificate in Women's Exercise Training and Wellness Program!

Our **Online Professional College Certificate in Women's Exercise Training and Wellness Program** addresses the challenge of busy working professionals or for those students that have limited time to attend courses at a traditional on-site campus. We require no time to attend the campus. All the courses in the program are 100% fully online; allowing you to live anywhere while completing the college certificate.

Please read below for more information on the structure of the program, courses, benefits, and information regarding our **OPEN ENROLLMENT Format that allows you to register and start courses right away.**

### Certificate Benefits:

The Online Professional College Certificate in Women's Exercise Training and Wellness has been designed to prepare graduating students for a career working with women of all ages at medically-based fitness facilities, community wellness programs, personal training studios, physical therapy clinics, health promotion sites, and private and commercial health clubs. Students will learn how to apply their client's health history, goals, and abilities integrating exercise science curriculum and practical training techniques into a systematic model that teaches students to progress their clients through various phases of a woman's life. In addition, female health and exercise enthusiast of all ages seeking to stay current with information to design personalized exercise programs specific to women's needs and concerns would benefit from this program as well. Benefits of the Online Professional Certificate in Women's Exercise Training and Wellness program:

1. Guidance, instruction, and interaction from instructors that hold either a **Master's** or **Ph.D.** degree in exercise science, biomechanics, exercise physiology, kinesiology, physical therapy, nutrition or an exercise science-related degree. Our instructors will support their students and become valuable resources and mentors well after they graduate.
2. **Begin the Courses/Program at ANY TIME!**: Each course within the Women's program is offered in an OPEN ENROLLMENT Format. This means you can register at any time, and once you are logged in you have 8 weeks to complete the course(s) you registered for (students can complete a course before the 8 week deadline). The certificate program is designed for students to take 2 courses at a time in a 2 module format. In addition, students have 1 full year to complete all the required courses, but typically students complete the program within 4 months.
3. This program is offered in partnership with the **National Posture Institute (NPI)**. Included with the certificate program registration, you will receive complimentary access to receive the **National Posture Institute's Certified Resistance Training Professional™ (RTP™) designation**. The program is also offered in partnership with the **Women's Health Foundation** and **Healthy Moms® Fitness**. Graduates of the Certificate Program will receive a preferred discount on both the Women's Health Foundation Total Control™ and Healthy Moms® Perinatal Fitness Instructor Certification Exams and study materials.
4. Obtain a professional college certificate from an accredited institution.
5. College courses provide CECs or CEUs for personal trainers, group fitness instructors, physical therapists, athletic trainers, exercise physiologists, chiropractors, and for those fitness and health professionals seeking re-certification, re-licensure, or career advancement.
6. According to the U.S. Department of Labor's Bureau of Labor Statistics, by 2020, the demand for fitness trainers and instructors is expected to increase by 24 percent. Individuals in this field of work will find a continuum of salaries based upon the position and their geographical location. Salaried positions may range from \$25,000 to over \$100,000. Hourly positions range from \$10.50/hr to over \$100.00/hr. Salaries and hourly rates achieved will be determined by experience, education, and quality of service.
7. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry.

## **Continuing Education Credits**

The following National Organizations/Associations have approved each Women's Exercise Training and Wellness course for CEC/CEU's:

- American College of Sports Medicine (ACSM) / 50 CECs
- National Strength and Conditioning Association (NSCA) / (amounts vary, see NSCA website for current approval amounts)
- International Sports Science Association (ISSA) / 10 CECs
- National Posture Institute (NPI) / 7.0 CECs
- The American Senior Fitness Association (SFA) / 2.0 CEUs
- The Health and Fitness Professionals Association (HFPA) / 30 CECs
- The National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs

## **This Certificate is designed for:**

- Current allied health/medical and fitness professionals and personal trainers interested in developing safe and effective exercise programs for women
- Current fitness managers and directors wishing to manage and market new programs to women
- Education directors of multi-site facilities or chains training fitness professionals to work with women
- Companies that require the certificate program as a professional development program for employees to achieve key business goals, career objectives, and skills to advance beyond entry-level positions
- Individual female exercise enthusiasts interested in seeking to stay current in exercise program design, health, and wellness

## **Certificate Program Structure:**

- The program is comprised of 4 required core courses (Courses 1-4 below) Students may complete the program in as little as four months or have up to one year.
- The certificate program is designed for students to take 2 courses at a time in the 2 module format and each course/module is 8 weeks in length with no penalty for finishing early.
- It is Not Required to take courses in any order; however it is Highly Recommended that you begin with course one (1) in Module One: *Female Anatomy and Physiology* before starting with other courses in the program.
- Students may elect to take courses individually if desired at any point during the program.
- You should be able to commit 5 to 10 hours per week to each course in which you enroll. That is a total of 50 hours on average per each course.
- You are graded in each course based on how well you do on special projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text(s), articles, lecture presentations, internet research, and then going online to complete assignments.
- Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the Professional Certificate in Women's Exercise Training and Wellness.
- There is not a specific class meeting time. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.
- There are no prerequisites required to enter the program.
- Courses in the certificate program are offered year-round for your convenience, in an OPEN ENROLLMENT Format.

The following are the four core courses in the typical two module format students choose to take the courses in, as most students elect to take two courses simultaneously:

## **Program Curriculum**

### **Module One**

#### **Course 1: Female Anatomy and Physiology**

This course is designed for students to gain an understanding of the musculoskeletal and functional anatomy of the female pelvis, including the reproductive system, the hormonal/endocrine system and key muscles of the Pelvic Pyramid™. Emphasis is placed on joint range of motion (ROM), bone density, hip stability, mobility and the pelvic floor muscles (PFM).

#### **Course 2: Designing Women's Exercise Programs**

This course teaches students how to establish exercise programs/prescriptions, exercise-related goals and objectives, appropriate training modifications, and program evaluation strategies. Additional topics include specifically designing exercise programs based on ACSM guidelines implementing resistance/weight training techniques, flexibility/stretching training, and cardiovascular/aerobic/weight loss plans incorporating the use of walking, running, and commercial cardiovascular machine (treadmills, elliptical trainers, stationary/recumbent bikes, etc.) programs.

### **Module Two**

#### **Course 3: Women's Health and Wellness for Special Populations**

This course teaches students a more in depth look at different health considerations women face at different stages of their lives and how to appropriately adapt exercise and wellness programs to meet their needs. Topics of interest include the "Female Athlete Triad", pre and postpartum fitness, women with pelvic floor dysfunctions, osteoporosis, menopause, autoimmune disorders, and breast, ovary, and uterine cancers. Students will gain an understanding of how to design exercise programs for these special populations.

#### **Course 4: Medically-Based Fitness Management and Administration**

This course provides the health/medical and fitness professionals a solid background in understanding key terminology in medicine, health promotion, and fitness. Topics include understanding the roles of medical and fitness professionals, developing a medically-based fitness model, key terms in healthcare administration, interacting with medical professionals, and privacy issues and authorization forms for health and fitness professionals.

### **Demonstration Course:**

**For an Online Demo**, email [do@edfit.com](mailto:do@edfit.com) and request demo access for the Women's Program.

### **Award of the Certificates:**

1. Professional Certificate in Women's Exercise Training and Wellness: complete all four core courses within a period of one year
2. Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the certificate(s): which includes quizzes, exams, written/research projects, and class assignments

### **Why Online Learning?**

- Learning occurs in a user-friendly environment and is accessible to participants with little or no computer experience.
- Online courses give you the knowledge and tools you need to stay ahead in today's rapidly changing professional marketplace.
- Online education allows students to access their courses from anywhere there is an Internet connection even if you are traveling on business or on vacation.
- Flexibility: Students can attend class in the comfort and convenience of their own home, office, library, or internet café and complete assignments after breakfast, during lunch, late at night, while on vacation, or any time that is convenient for the student.
- Cost-effective: expenses related to facilities, travel, and non-productive time is reduced.

### **Frequently Asked Questions (FAQ):**

### **What is an online course or online certificate program?**

An Online course is a class offered over the Internet. The amount of work required of the student and the learning goals are no different than regular face-to-face classes. Students interact with each other and the teacher by email, phone, and through class discussion forums.

Our goal is to make online learning not only convenient but a compelling learning experience. We want students engaged in the online material beyond just reading. We've incorporated projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text, articles, lecture presentations, and then going online to complete assignments. We also hope to try to incorporate adult learning theory objectives, keeping in mind that people learn in different ways (i.e., listening, seeing, and doing.) We think, as a result, our courses are interesting and more effective.

### **Are there any textbook requirements and what are the costs?**

Yes, there are textbooks required per each course. When you register for a course(s), instructions for ordering textbooks or course materials either online or through a toll free number will be provided.

### **What are the technological requirements for participating?**

In addition to a confident level of computer literacy, certain technical requirements must be met to enable a successful experience. Technical requirements include but are not limited to having internet access with a 56K modem, but it is highly recommended that you have **DSL or High Speed Cable Internet Access**; 64 MB system RAM; 200 MB free hard disk space memory or sufficient storage; Internet access with Netscape 4.0 or better or MS Explorer 4.0 or better, reliable email account access, CD-ROM/DVD capabilities, and a reliable Internet provider.

Some individual courses may have additional software and/or hardware requirements.

### **NECESSARY SKILLS**

- Knowledge of Windows or Mac OS
- Ability to use web browser, email, and Internet connection
- Ability to copy and save files in Windows or Mac OS

### **When do classes meet?**

There is not a specific class meeting time. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.

### **Is an Online course the right choice?**

If you agree with these statements, online courses may be for you!

- I am comfortable with using my computer for email, internet, and word processing
- I have access to a computer most of the time
- I have reliable high-speed internet connection
- I have good time management skills

### **How much time will you spend per week on this course?**

Most of our courses require about 5 or 10 hours per week of effort on your part. You can expect to log into the online classroom early in the week when the weekly session is released and spend 45 minutes to an hour online with the new material. Then, log in 4 or 5 more times per week for 30 minutes or so to keep up with the class discussions questions, projects, quizzes, written assignments, coffee house hours, and/or exams.

[Other Online Professional Certificate Programs Available:](#)

- **National Posture Institute Certificate Programs**
  - Certified Posture Specialist™ Certificate Program
  - Certified Resistance Training Professional™ Certificate Program
  - Certified Goniometry Specialist™ Certificate Program
- **Career Development Certificate Programs (Approved for ACSM CECs and other organizations):**
  - Certificate in Personal Fitness Training/Advanced Personal Fitness Training™
  - Certificate in Fitness Business Management™
  - Certificate in Older Adult Personal Training and Group Exercise Training for Older Adults™
  - Certified Essentrics Trainer™ Certificate Program
- **Nutrition Specialization Certificate Programs (Approved for Academy of Nutrition and Dietetics CPEUs, ACSM, NSCA, and other organizations):**
  - Certificate in Functional Nutrition™
  - Certificate in Sports Nutrition and Performance™
  - Certificate in Family Nutrition™
  - Certificate in School Nutrition and Wellness™

**Program Coordinator:**

**Jasmine Jafferli, MPH**, is the Program Coordinator and an instructor for the Online College Certificate in Women's Personal Exercise Training and Wellness. She has a diverse fitness background with over ten years of industry experience in campus recreation, corporate wellness, and the commercial health club setting. She has presented on a wide range of health and fitness topics for the community, at major corporations, and at national and international conferences. She also advocates bringing the fitness and medical community together through wellness and preventative programming. Jasmine specializes in Women's Health and Wellness focusing on pre and postnatal fitness and is a *Master Trainer* for Healthy Moms® Fitness and Resist-a-ball®. If you have questions about the certificate program and courses, you may contact the Program Coordinator at [jaminepft@gmail.com](mailto:jasminepft@gmail.com)