



## Sam Houston State University

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- Certificate in Nutrition for Optimal Health, Wellness, and Sports – *Page 8*
- Certificate in Personal Training and Group Exercise Training for Older Adults - *Page 10*
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### **About the Certificates**

The Online Professional Certificates in Exercise, Health, and Nutrition are collaboration between industry experts, instructors, internship affiliates, board members, and national organizations. These innovative, Web-based certificate programs provide an interactive educational experience that will allow students from around the world to fit courses into their busy work and home schedules, go on-line wherever they are, and complete the certificates and optional internship course assignments within five months depending on the certificate program, or up to two years if necessary.

### **Who Should Attend?**

- Fitness professionals from all fields
- Individuals seeking a new career as a health/fitness professional
- Allied health and medical professionals including physical therapists, RD's, athletic trainers, nurses, physicians, chiropractors, and wellness consultants seeking advanced education, CECs/CEUs, or new career opportunities
- Companies that require the certificate programs as a professional development program for employees to achieve key business goals, career objectives, and skills to advance beyond entry-level positions

### **Earning Your Certificate**

To earn a certificate you must:

- Complete all required core courses for the certificate program within a period of two years
- Receive a passing grade of (C- or above) in all courses: which includes quizzes, exams, written/research projects, and class assignments

### **Certificate Program Benefits**

**Program Coordinators** - Our certificate program coordinators are leading experts, national presenters, and instructors in the health and fitness industry that will support their students and will serve as valuable resources and mentors.

**Instructor Guidance** – You benefit from ongoing guidance, instruction, and interaction from instructors who hold either a **master's or doctoral degree** in exercise physiology, kinesiology, biomechanics, physical therapy, nutrition, or other exercise science related fields.

**Obtain Continuing Education Credits/Units (CEC's/CEU's)** - Courses will provide advanced education and CEC's or CEU's, for personal trainers, group fitness instructors, physical therapists, RD's, athletic trainers, nurses, and chiropractors seeking recertification or career advancement.

**Practical Field Internship Elective Course** - One of the unique benefits of several of our certificate programs is the opportunity for you to practice your skills in a health and fitness setting through an optional field internship course.

**A Complete Learning Experience** - Courses are designed to enhance interaction between instructors and students. Chat rooms, discussion questions, email, and the phone are used to facilitate discussions. Courses may include the use of supplemental materials such as video/audio tapes, DVDs, and CDs. Team and individual projects and small group discussions are used to help students share their teaching, educational, and professional experiences with each other as part of the learning process.

**National Organizations** – Many of the nation's leading health and fitness organizations have partnered to provide students with educational, membership, and national certification exam opportunities. The following national organizations are partners in these programs: The American Council on Exercise (ACE), Health Club Managers, Inc., Idea Health and Fitness Association, International Council on Active Aging (ICAA), Aquatic Exercise Association (AEA), American Senior Fitness Association (SFA), Healthways SilverSneakers® Fitness Program, Women's Health Foundation, Healthy Moms and Personal Fitness Professional.



## 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 you to access your courses from anywhere there is an Internet connection even if you are traveling for business or on vacation.
- Flexibility: You can attend class in the comfort and convenience of your own home, office, library, or Internet café and complete assignments at a time that is convenient for you.
- Cost-effective: Expenses related to facilities, travel, and non-productive time is reduced.

## Continuing Education Units

The following National Organizations/Associations have approved the online certificate programs/courses for Continuing Education Credits/Units (CECs/CEUs): ADA-CDR, HFPA, NCSF, NFPT, NSPA, and the SFA. For a complete list of the courses/programs that have been approved, [click here](#).

## Enrollment and Registration

There are no prerequisite requirements for admission into the certificate programs. Courses are 5 to 6 weeks in length and are offered year-round, in the **Fall**, **Spring**, and **Summer** semester. Courses may be taken individually if desired.

To register or to learn more information about the Certificates in:

- Personal Fitness Training
- Advanced Personal Fitness Training
- Fitness Business Management
- Nutrition for Optimal Health, Wellness, and Sports
- Personal Training and Group Exercise Training for Older Adults
- Women's Exercise Training and Wellness

call us at 936-294-4568 or fax to 936-294-3729. Our office is located at 1825 Sycamore Avenue, Huntsville and our mailing address is Box 2477, Huntsville, TX 77341. The cost of each required course is \$249, and \$299 for the Optional Field Internships.



# Online Certificate in Personal Fitness Training



**The Online Professional Certificate in Personal Fitness Training (PFT)** is collaboration between **Sam Houston State University**, the College-University Partners Network™, industry experts, internship affiliates, a board of advisors, and national organizations. This interactive, comprehensive Web-based Certificate program with an optional field internship elective course will allow students from around the world to fit courses into their busy work and home schedules, go online wherever they are, and complete the certificate within five months or have up to two-years if necessary. Content and curriculum within each course in the program is designed to present the student with the knowledge, skills, and abilities to implement a unique medically-based fitness model for their future or current clients. 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 different training levels and phases. The program is offered in partnership with the **American Council on Exercise® (ACE)**, **IDEA Health & Fitness Association**, and **Personal Fitness Professional**. ACE provides graduating certificate students a preferred discount on the ACE Personal Training Certification Exam and study materials. IDEA has provided content/curriculum in the program; in addition, students receive a complimentary 6-month membership to the digital edition of *IDEA Fitness Journal*. Personal Fitness Professional is providing students with students a 3 year free subscription which includes 9 print issues per year, a monthly e-newsletter, and access to their digital magazine. In addition, the **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Personal Training program for 150 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 90 CPEUs, and the Optional Field Internship Course for 60 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

For Course Start Dates, [Click Here](#). For an Online Demo: [Click Here](#).

## Course Descriptions

### **Course 1: Introduction to Exercise Science-Level I**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

In this course, students gain an understanding of musculoskeletal and functional anatomy and the effects of exercise placed on joint structures during exercise movements. Emphasis is placed on learning about proper body alignment, joint range of motion (ROM), basic biomechanics, and kinesiological principles to the development of safe and effective exercise programs.

### **Course 2: Introduction to Exercise Science-Level II**

**Instructor: Dan Ritchie, Ph.D, CSCS**

This course is designed to teach the personal trainer how the muscular, skeletal, and cardiorespiratory systems function with and without exercise conditioning. Additional topics include energy metabolism, neuromuscular function, and the physiology of exercise in relation to training programs and environmental considerations.

### **Course 3: Health Risk Profiles and Fitness Assessment Techniques**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course teaches students how to assess and evaluate cardiorespiratory endurance, muscular testing techniques, joint ROM, flexibility, body-fat analysis, blood pressure, and body measurements based on ACSM guidelines. Topics include client screening procedures, medical and health history intake forms, identifying high-risk clients, determining the appropriate test, conducting the test, and evaluating the results.

### **Course 4: Business Administration and Management Aspects for Personal Trainers**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course gives personal trainers a solid background in developing or starting a personal training business and prepares them for financial management, marketing strategies, and business plan development. Techniques for effective management include standards and guidelines, facility/studio personnel management, and operational issues from a small personal training (PT) studio to managing a PT department at a large health facility.

### **Course 5: Designing Exercise Prescriptions for Normal/Special Populations**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course teaches how to develop an exercise prescription in relation to health implications for normal/special populations related to age, medical condition, and fitness level. Topics include cardiac conditions, diabetes, physical disabilities, HIV and AIDS, asthma, sensory impairments, pregnancy, and program design for children to senior populations. This course is designed as a research-based class with emphasis on designing a step-by-step process to creating individualized exercise programs.

### **Optional Elective Course**

#### ***Optional Field Internship in Personal Training***

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

Prerequisite: 5 Core Courses and CPR Certification

NOTE: This course is an optional course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a hands-on experience working with members at fitness facilities and health centers. Students intern for 60 total hours in this course

### **Advanced Certificate in Personal Fitness Training**

Students may also elect to register for the advanced certificate program courses. Students that have completed the core Certificate may then register for the advanced certificate which requires three additional courses. The advanced certificate is designed for students interested in furthering their personal training education by incorporating specialized resistance training, functional movements, and nutritional programs for their clients in partnership with RDs.

### **Course Descriptions**

#### **Course 1: Nutritional Analysis and Management**

**Instructor: Melissa Halas-Liang, RD, MA, CNSD, CDE**

Students will study the basic nutrition principles and how to apply them when designing structured nutritional programs for clients in collaboration with registered dietitians and nutritionists. The focus will be on vitamin, mineral, and supplement knowledge; the effects of nutrition on the exerciser and non-exerciser; strategies for successful weight management; and recognizing normal to disordered eating patterns.

## Course 2: Functional Flexibility, Core, and Balance Training

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

Students will study principles and techniques for evaluation and implementation of exercise prescriptions that include instruction in flexibility, core, and balance training. Students will learn how the beginning phases of an exercise program are based upon the starting point/level of the client based upon performance of initial assessments, neurological ability, and individual goals. In addition, students will learn to implement the Sequential Exercise Training (SET) Model to enhance posture, body alignment, stability, proprioception, and awareness to more complicated exercise movements or functional movements.

## Course 3: The Science and Biomechanics of Resistance/Weight Training Techniques

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course teaches an educational systematic approach to teaching resistance/weight training movements. The practical application of anatomy, physiology, and body alignment is introduced to analyze weight training techniques, exercise equipment, and the risk/benefit analysis of a specific exercise chosen. Equipment modalities reviewed include stability balls, exercise bands, free weights, body weight, and commercial strength equipment.



## Fitness Business Management



The **Online Professional Certificate in Fitness Business Management** is an innovative Web-based Certificate (with an Optional Field Internship course) designed to teach students how to manage a Personal Training Program &/or a Health-Fitness Department as a Strategic Business Unit (S.B.U.) in both commercial and non-commercial based health and fitness facilities in the United States and/or internationally. The program was developed to establish an industry standard in fitness management education for allied health and fitness professionals, personal trainers, fitness managers, and entrepreneurs that wish to establish a successful business model and fitness operation. Specific learning topics include fitness management, marketing, entrepreneurship, finance, personnel management, customer service, and business administration concepts. The certificate prepares students to implement successful business systems in the following settings: private and commercial health clubs, medically-based fitness facilities, community wellness centers, personal training studios, physical therapy clinics, YMCA's, JCC's, college/university centers, recreational settings, and corporate fitness centers. A competitive advantage offered in the program is the optional field internship which enables students to practice fitness management concepts in a health and fitness setting. This program is offered in partnership with **IDEA Health & Fitness Association, Health Club Managers, Inc., and Personal Fitness Professional**. IDEA has provided content/curriculum in the program; in addition, students receive a complimentary 6-month membership to the digital edition of *IDEA Fitness Journal*.

Health Club Managers, a Health Club Staff/Management Training company, is providing graduating certificate students a preferred discount on their services, and Personal Fitness Professional is providing students with students a 3 year free subscription which includes 9 print issues per year, a monthly e-newsletter, and access to their digital magazine.

For Course Start Dates, [Click Here](#). For an Online Demo: [Click Here](#)

### **Certificate Course Descriptions**

#### **Course 1: Business Development and Entrepreneurship in Fitness**

**Instructor: Dan Ritchie, Ph.D, CSCS**

This course examines the planning process for starting a new venture, as well as the most common approaches to develop a strategic business plan for specific types of health and fitness-related facilities. The course presents the skill-sets and competencies that the fitness manager needs in order to be a successful entrepreneur, owner, or department head. Studies of topics include planning policies and procedures, entrepreneurship, business plan development, budget formulation, and strategic planning.

#### **Course 2: Financial Principles and Business Concepts**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course provides an introduction to financial and managerial accounting concepts, revenue and budgetary procedures, and the financial status necessary to be a successful business entity in the fitness industry. Topics include fee structures, financial impact analysis, price setting strategies, financial forecasting, and the relationship between financial analysis and strategic business planning. The course examines additional business concepts including purchasing, contractual agreements, risk management and negligence, technology issues, and other fiscal concerns.

#### **Course 3: Marketing, Sales, and Customer Service Management (CSM)**

**Instructor: Dan Ritchie, Ph.D, CSCS**

This course offers a comprehensive exploration of how successful marketing and branding guides a company's business strategy and influences, discovers, and creates a demand for fitness services and products. Examination of the elements of the marketing mix as they pertain to the fitness enterprise include sales and service management strategies, customer relationship management methods, and sales techniques in fitness.

#### **Course 4: Fitness Management and Business Administration**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

This course provides an examination of the organization and administration of for profit and not-for-profit health/fitness facilities, with emphasis on business management principles and operational concepts, including organizational structure, facility management, industry standards and guidelines, personnel management, and management practices. The course helps the fitness manager develop leadership skills, managerial or administrative skills, and interpersonal or human skills. The course is supplemented by the analysis and review of fitness management situations through observations and case studies.

### **Course 5: Optional Elective Course**

#### **Course 5: Optional Elective-Field Internship in Fitness Business Management**

**Instructor: Ken Baldwin, M.ED, ACSM-H/FI**

Prerequisite: 4 Core Courses

NOTE: This course is an optional course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a Fitness Management experience interning at fitness facilities and health centers. Students intern for 60 total hours in this course.

## **Nutrition for Optimal Health, Wellness, and Sports**



The **Online Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports** has been designed to meet the growing demand of allied health/medical professionals, Registered Dietitians, fitness professionals, personal trainers, and the general public who want to learn about developing individualized nutritional programs for clients, patients, or for personal improvement. This innovative and comprehensive Web-based Certificate program provides an in-depth examination of contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management. Research of current issues include: energy and nutrient needs for performing activities of daily living with emphasis on particular physical activities; common myths and fallacies concerning diet and athletic performance; and appropriate behavioral change modifications and dietary approaches for different ages and populations. Content and curriculum in each course is designed to prepare allied health care professionals and Registered Dietitians to apply their client's health history toward optimal nutritional health and wellbeing. Personal trainers and fitness professionals will learn fundamental nutrition education to work with clients in partnership with Registered Dietitians. Individual consumers interested in learning more about nutrition, daily meal planning, wellness strategies, and sport nutrition and performance will be introduced to information to help them achieve their own goals or for their family members. The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Nutrition program for 120 Continuing Professional Education Units (CPEUs)/ or 30 (CPEUs) per course for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

For Course Start Dates, [Click Here](#). For an Online Demo: [Click Here](#)

### **Certificate Course Descriptions**

#### **Course 1: Nutrition and You: Functional Foods**

**Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE**

Heard about the health benefits of cocoa on cardiovascular health? What do garlic, tomato sauce, and tofu have in common? Which spices and herbs need to be consumed in your daily diet? There is truth to the expression "you are what you eat". In this course you will learn what to eat and how to decrease the incidence of many common diseases such as metabolic syndrome, diabetes, cancer and heart disease. Whether you are a health/medical/or fitness professional who wants the latest on functional foods or an individual seeking to improve your overall health, this course will help you meet your goals by providing a foundation for wellness nutrition based on current scientific research.

**Course 2: Weight Management and Nutrition in the Lifecycle****Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE**

Applying the principles of good nutrition starts at Day 1, whether working with clients or designing a personal healthy eating program. With almost 20% of America's children and 60% of America's adults classified as overweight/obese there is an ever-pressing need to understand the influences on both child and adult food habits and nutrient intakes. Bad habits that start from an early age often continue into adulthood and can lead to weight issues, diabetes and chronic disease. This course teaches students the principles behind helping a client in any stage of their lifecycle to set and achieve weight goals while working in conjunction with a registered dietitian in a team approach. You will obtain tools and handouts which can be effective when teaching and reinforcing positive food habits and behaviors. In addition, discover how the right nutrition can help you feel young while growing older and what specific nutrients need to be increased in your diet as you age. Dispel the myths of fad diets as you learn how to personalize your own meal plan and those of your clients.

**Course 3: Introduction to Sports Nutrition and Performance****Instructor: Jane Burrell Uzcategui, M.S., RD**

If you currently work as a fitness professional, need a refresher or introduction to sports nutrition as a health care provider, need to improve your competitive edge as an athlete, exercise enthusiast, weekend warrior, or are a sports nutrition dietitian looking for new information, this class will help meet your personal or professional goals. Learn what to eat before competing, understand the principles of healthy meal planning for athletes and be able to identify safe sport supplements such as protein powders/bars, creatine, and sport drinks. Find out if you're providing the best fuel for your body in the short or long term and gain insights into how proper nutrition can provide optimal muscle recovery and sports performance.

**Course 4: Public Nutrition and Wellness Education****Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE**

This course delves more deeply into nutrition and disease prevention. Master the tools needed to provide educated answers on how to stay healthy, become healthier, reduce the risk of chronic disease, prevent disease, and improve the overall well-being of your clients or yourself. Whether you're educating the public as a health/medical/or fitness professional or teaching your family how to live healthier, this course helps you navigate through the media's mixed messages on nutrition and diets. Learn to effectively interpret nutrition news and understand critical information on the truth behind vitamins, minerals, and antioxidants.

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## Personal Training and Group Exercise Training for Older Adults



The **Online Professional Certificate in Personal Training and Group Exercise Training for Older Adults** is a comprehensive Web-based program (with an Optional Field Internship course) designed to establish a national standard to ensure the development of safe and effective exercise programs for older adults by personal trainers, allied health/medical and fitness professionals, and the general public. The certificate program has been designed to incorporate curriculum standards from the “*International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults*” in Collaboration with and endorsed by the **World Health Organization**. The program will supply essential educational pathways and job opportunities to begin a career working with senior/older adults in the emerging fitness/health industry; for established fitness professionals who desire advanced education in working with older adults; and for allied health and medical professionals from all fields seeking to design specialized exercise and wellness programs for their older adult clients and patients. Graduating students will be prepared for a career working with older adults at senior centers, medically-based fitness facilities, retirement communities, YMCA/JCC’s, hospitals, community wellness programs, personal training studios, physical therapy clinics, long-term care facilities, corporate fitness centers, collegiate settings, and private and commercial health clubs. In addition, the certificate will also prepare individual 50+ exercise enthusiasts in the development of a personalized program based on current research and organizational guidelines. The program is offered in partnership with the **International Council on Active Aging (ICAA)**, the **American Senior Fitness Association (SFA)**, the **Aquatic Exercise Association (AEA)**, and **Healthways SilverSneakers® Fitness Program**. Students graduating from the certificate program will receive a complimentary one-year membership to the ICAA which includes registration discounts to the annual International Active Aging Conference. In addition, graduating students will receive preferred discounts for the SFA’s certification exams (Senior Personal Trainer Certification or the Senior Fitness Instructor Certification), the AEA’s certification exam (Aquatic Exercise Association Fitness Professional Certification), and for Healthways Instructor Accreditation for Older Adult Exercise.

For Course Start Dates, [Click Here](#). For an Online Demo: [Click Here](#)

### **Certificate Course Descriptions**

#### **Course 1: Socio-Physiological Aspects of Aging**

**Instructor: Cody Sipe, Ph.D, ACSM-Exercise Specialist, RCEP**

This course will provide the student with a solid foundation in the social and physiological aspects of aging. Topics covered include: theories of aging; physiological changes within cells, organs, and bodily systems; social implications of growing older; and common conditions and diseases associated with aging.

#### **Course 2: Designing Older Adult Exercise Programs**

**Instructor: Cody Sipe, Ph.D, ACSM-Exercise Specialist, RCEP**

In this course, students will gain an understanding of the role of exercise in improving health, fitness, function and quality of life in older adults. The current recommendations for cardiovascular, flexibility, resistance, mobility and balance training will be discussed. An emphasis will be given to common health conditions such as cardiovascular disease, diabetes, arthritis and frailty.

### **Course 3: Business Management and Administration for the Mature Market**

**Instructor: Cody Sipe, Ph.D, ACSM-Exercise Specialist, RCEP**

A contemporary view of aging in this country will be explored to better understand the current and rising aging cohorts. Through a study of age-friendly facility design, equipment selection, fitness management, marketing, administration, financial procedures and protocols, and various aspects of operations students will appreciate how to attract, serve and retain the mature market.

### **Course 4: Exercise and Aging for Special Populations**

**Instructor: Cody Sipe, Ph.D, ACSM-Exercise Specialist, RCEP** As a continuation of Designing Older Adult Exercise Programs, this course encompasses a deeper study of designing safe and effective exercise programs for older adults. Going beyond the basic exercise recommendations for this population, students will, by the end of this course, be able to design an appropriate fitness regimen taking into consideration critical information such as a client's age, gender, health history, current health conditions and exercise history.

### **Course 5: Optional Elective Course**

**Optional-Field Internship in Older Adult Exercise**

**Instructor: Cody Sipe, Ph.D, ACSM-Exercise Specialist, RCEP**

Prerequisite: 4 Core Courses and CPR Certification

NOTE: This course is an optional course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a hands-on experience working with older adults at senior fitness facilities and health centers. Students intern for 60 total hours in this course.



## **Women's Exercise Training and Wellness**



The **Online Professional Certificate in Women's Exercise Training and Wellness** is an interactive Web-based Certificate program designed to ensure the development of safe and effective exercise programs for women by personal trainers, allied health/medical and fitness professionals, and the general public. The program prepares graduating students for a career working with women of all ages at medically-based fitness facilities, YMCA/JCC's, community wellness programs, personal training studios, physical therapy clinics, health promotion sites, corporate 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 enthusiasts of all ages seeking to stay current with information to design personalized exercise programs specific to a women's needs and concerns would benefit from this program as well.

The program is offered in partnership with the **Women's Health Foundation** and **Healthy Moms® Fitness**, allowing graduating certificate students a preferred discount on both the **Women's Health Foundation Total Control™** and **Healthy Moms® Perinatal Fitness Instructor** Certification Exams and study materials.

For Course Start Dates, [Click Here](#). For an Online Demo: [Click Here](#)

### **Certificate Course Descriptions**

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

**Instructor: Jasmine Jafferli, MPH, ACE-CPT**

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**

**Instructor: Jasmine Jafferli, MPH, ACE-CPT**

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.

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

**Instructor: Jasmine Jafferli, MPH, ACE-CPT**

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**

**Instructor: Jasmine Jafferli, MPH, ACE-CPT**

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.