



Help others feel and look their very best.

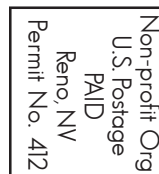
PERSONAL TRAINER

*Workforce Development and
Continuing Education Division*
775-674-7974



Truckee Meadows Community College

Truckee Meadows Community College
Workforce Development and Continuing Education Division
7000 Dandini Boulevard
Reno, NV 89512



TMCC is an EEO/AA institution. Qualified students with documented or physical learning disabilities have the right to free accommodations to ensure equal access to educational opportunities at TMCC.

You want to help others be physically active and healthy.

Enjoy this rewarding career in which you can help people establish healthy lifestyles so they can live longer and enjoy a better quality of life.

You want flexible work hours.

Personal trainers can work part-time or full-time as a consultant or fitness facility employee. As a trainer, you could work at corporate fitness centers, gyms, colleges, hospitals and general fitness centers. Name your own hours as a self-employed trainer and work out of your home or visit clients.

You want to enter a profession with a future.

This field enjoys first-rate growth—personal trainers are ranked as the 11th job growth industry in the country. Currently, entry-level employees start earning around \$30,000. Home fitness trainers and consultants can earn as much as \$50 to \$150 an hour.

You'll find that certification makes you more marketable.

TMCC's personal trainer program prepares you for the national certification exam through the American Council on Exercise. In today's competitive workplace, TMCC's program will give you credibility and establish your reputation as a personal trainer who possesses the in-depth knowledge and skills to be effective.

WHAT DOES TMCC'S PROGRAM OFFER ME?

Receive the most relevant, up-to-date education

TMCC combines hands-on training and classroom lectures to give you the skills you need to be a successful personal trainer. You will understand the human body better by taking anatomy, physiology and kinesiology. You'll even gain a knowledge of how to run a fitness facility and serve clients best by interning at TMCC's fitness center.

You'll learn

- ✧ safe and effective exercises,
- ✧ how to perform fitness tests on clients,
- ✧ how the body works and moves,
- ✧ exercise and wellness fundamentals,
- ✧ proper nutrition,
- ✧ first aid and cpr and
- ✧ business management skills.

As a full-time student, you *may* be able to complete this program in as little as three semesters.

Upon successful completion of TMCC's program, you'll be prepared to take the ACE exam. You'll also be able to join nationally-recognized professional organizations such as the American Council on Exercise, IDEA Fitness and Health Association and the National Council for Certified Personal Trainers.

WHAT COURSES WILL I TAKE?

Take a variety of lecture and hands-on courses.

| <i>Course</i> | <i>Credits</i> |
|---|----------------|
| Human Structure and Function I and II–BIOL 141B and 142B–OR Human Anatomy and Physiology I and II–BIOL 223 and 224..... | 8 |
| CPR and First Aid–EMS 101B..... | 1 |
| Business and Marketing for the Fitness and Massage Professional–MASG 215C (spring only) OR Small Business Management–MGT 103.... | 3 |
| Human Nutrition–NUTR 121..... | 3 |
| Personal Training Introduction–PT 100C (fall only)..... | 3 |
| Weight Training–PEX 183..... | 1 |
| Circuit Training–PEX 199..... | 1 |
| Fitness Principles and Practice–PEX 174..... | 2 |
| Kinesiology–MASG 205C (fall only–recommended prerequisite BIOL 141 or 223)..... | 3 |
| Fitness Analysis and Application–PT 205C (spring only–recommended prerequisite PEX 174 and MASG 205C)..... | 3 |
| 3 Additional Credits of PEX or PT of your choice–Check the TMCC class schedule for current listings..... | 3 |
| Internship–PT 250C..... | 4 |
| <i>(prerequisite: all courses must be completed prior to taking the internship.)</i> | |

*Indicates that course number and number of units have not yet been determined.

Notes:

Curriculum and program subject to change.

Classes required in this program may apply toward a general studies degree. Consult the TMCC catalog for details.

Financial aid does not apply to classes with a "C" in its course number.

Courses with a "B" or "C" in its number do not transfer to UNR.

WHAT DO I DO TO GET STARTED?

Visit the TMCC counseling and testing office or call 775-673-7060 to arrange for educational advisement or vocational testing.

For information on the personal trainer preparation for certification program, call 674-7974.