Become an
ACE Certified
Personal Trainer

Session dates

June 11th to July 23rd
Monday & Wednesday
5:30pm - 8:30pm

If you are passionate about pursuing a career in health and fitness, a personal training certification is a great step toward meeting that goal. As a personal trainer, you serve as a coach, mentor, confidant and motivator, and have a significant impact on the lives of your clients.

The course includes:
- ACE Certified Personal Trainer Educator
- ACE Personal Training Essentials & Manual & books ($130 value)
- ACE PowerPoint slides, study guides & practice exams ($75 value)
- Discount on ACE exam which is purchased after course is completed (Must attend 90% of classes, $150 value)

The course will provide extensive training on essential fitness subjects, including:
- Anatomy & exercise physiology
- Fitness assessment
- Program design
- Special populations
- Liability, risk management, & communication

Once the course is completed you will be prepared to sit for the ACE National Certification exam and you will also be eligible for employment as a USC Rec Sports personal trainer.

Registration
For more information or to register contact
uscrecsports@gmail.com
by June 1, 2018

Cost: $375