

Online Personal Fitness Training (PFT) and Advanced PFT Certificate Schedule 2008-2009

Professional Certificate and Advanced Certificate Start and End Dates

Spring Semester: Feb 11, 2008 – June 15, 2008
Summer Semester: June 16, 2008-Oct. 19, 2008
Fall Semester: Sept. 22, 2008-January 25, 2009

Spring Schedule 2008

Module 1: Feb 11-March 23 (Registration Deadline is Feb 8)

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

Module 2: March 24-May 4 (Registration Deadline is Mar 21)

Health Risk Profiles and Fitness Assessment Techniques
Business Administration and Management Aspects for Personal Trainers

Module 3: May 5-June 15 (Registration Deadline is May 2)

Designing Exercise Prescriptions for Normal/Special Populations
Optional-Field Internship in Personal Fitness Training

Advanced Certificate

Module 1: Feb 11-March 23 (Registration Deadline is Feb 8)

The Science and Biomechanics of Resistance/Weight Training Techniques
Functional Flexibility, Core and Balance Training
Nutritional Analysis and Management

Summer Schedule 2008

Module 1: June 16-July 27 (Registration Deadline is June 13)

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

Module 2: July 28-Sept 7 (Registration Deadline is July 25)

Health Risk Profiles and Fitness Assessment Techniques
Business Administration and Management Aspects for Personal Trainers

Module 3: Sept 8-Oct 19 (Registration Deadline is Sept 5)

Designing Exercise Prescriptions for Normal/Special Populations
Optional-Field Internship in Personal Fitness Training

Advanced Certificate

Module 1: June 16-July 27 (Registration Deadline is June 13)

The Science and Biomechanics of Resistance/Weight Training Techniques
Functional Flexibility, Core and Balance Training
Nutritional Analysis and Management

Fall Schedule 2008-2009

Module 1: Sept. 22 – Nov. 2 (Registration Deadline is Sept 19)

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

Module 2: Nov. 3 – Dec. 14 (Registration Deadline is Oct 31)

Health Risk Profiles and Fitness Assessment Techniques
Business Administration and Management Aspects for Personal Trainers

Module 3: Dec. 15, 2008- Jan. 25, 2009 (Registration Deadline is Dec 12)

Designing Exercise Prescriptions for Normal/Special Populations
Optional-Field Internship in Personal Fitness Training

Advanced Certificate

Module 2: October 20 – November 30 (Registration Deadline is Oct 17)

The Science and Biomechanics of Resistance/Weight Training Techniques
Functional Flexibility, Core and Balance Training
Nutritional Analysis and Management