

Continuing Education

*Division of Research, Graduate Studies & New Program
Development*

Personal Trainer Certification



This course provides participants with the most current, foundational knowledge, training, and competency testing to certify them to practice as professional certified fitness trainers.

What You Will Learn

- Understand and describe basic anatomy, kinesiology and exercise physiology.
- Assess an individual's level of fitness using ACSM guidelines.
- Design and customize exercise programs
- Anesthesia/Surgery, Radiology, and Pathology/Laboratory Medicine

Course Details

What Will You Learn Cont..

You will also learn:

- Demonstrate proper execution of resistance, cardio and flexibility exercises.
- Demonstrate at least one strength exercise for every major muscle group
- Explain ACSM and AHA recommendations for cardiovascular exercise

Description

UTRGV Continuing Education has partnered with World Instructor Training Schools (W.I.T.S.) to offer a comprehensive Personal Trainer Certification program that offers students the latest knowledge in a range of fitness training topics. Taught over a 6-week period, this course includes 15 hours of lecture in topics including anatomy, biomechanics, nutrition, and legal and safety issues, as well as 15 hours of hands-on practical fitness labs that offer participants exercise prescription, fitness testing and health assessment, using fitness equipment, role-playing drills, presentation skills, and mastering the art and science of personal training.

Who Should Attend?

Anyone who is interested in becoming a Certified Personal Trainer, whether it be a career move or for personal knowledge.

Location

In-class loaction: McAllen Teaching Site

1800 S. Main Street, Suite 1100

McAllen, TX 78503

Practicum Location: Gold's Gym Mission

2520 E Expressway 83

Mission, TX 78572

Duration

32 hours (30 hours - Lecture and 2 hours - Test)

Prerequisites

High school diploma or GED.

Course Materials

- ***Fitness Professional's Handbook-6th Edition***
by Edward Howley
ISBN-13: 9781450411172 or eBook
- ***Dixie Thompson,***
ISBN-13: 9781450423946

Loans

Note: *If you are applying for the Continuing Education Private Loan to cover the registration fee for a non-credit continuing education program, then please use the UTRGV Continuing Education School Code: 00359902. The loan amount you note in the application cannot exceed the open enrollment fee noted on our website. The minimum for the loans must be \$500.00. Some service charges may apply.*

Contact Us

UTRGV Continuing Education



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