

# PERSONAL TRAINER SHORT CERTIFICATE



Certificate

Minimum 4 Hours

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Career & Technical Education • Certificate • Minimum 2.0 OGPA • Major Code: CSPTF

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|             |                  | Credit<br>Hrs |
|-------------|------------------|---------------|
| PTR 115     | ACE Trainer Prep | 4             |
| Total Hours |                  | 4             |

\*As part of Southeastern Illinois College's Educational Partnership with the American Council on Exercise (A.C.E.) Students can take the A.C.E. certification exam upon completion of this course.

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**The Personal Trainer Certificate** will prepare students to pursue a career in the fitness industry. Students will complete the program will be able to not only model and instruct clients on proper training techniques they will also be able to design specific exercise programs that are both safe and effective. In addition, successful completers will be able to provide basic dietary advice. Certificate program candidates will complete a Capstone Certification provided by industry leader the American Council on Exercise.

**Personal Trainer Exam registration info:**

- Must be at least 18 years old.
- Must hold a current, government-issued photo I.D.
- Must hold a CPR/AED certification at time of registration that will still be valid on exam date. (SIC's CPR 116-Heartsaver CPR w/AED will fulfill this requirement)
- Must register at least 10 days prior to exam.
- May register online at <https://www.acefitness.org/certificationexams/exam-locations.aspx?ExamType=CBT>

Note: This is not a PELL Grant eligible certificate.

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**Career Opportunities:**

Personal Trainer, Fitness Instructor

**Major Employers:**

Fitness Centers, Gyms, City Sponsored Recreation Facilities, Educational Facilities