

LICENSE & CERTIFICATION

Personal Training

Personal Trainer: National Certification CEU 3.6

Become a certified personal trainer in just six weeks! There has never been a better or more exciting time to be part of the fitness industry. With a growing emphasis on physical activity, an increasing number of people are making fitness an integral part of their lives. Topics include elements of exercise science, client screening, program design, methods of training, injury prevention, exercise physiology, cardio respiratory fitness, nutrition and weight control. On the last day of class, the national certification exam is given.

PLEASE NOTE: Adult CPR/AED is required for certification and can be taken before, during or after the course.

Required: Textbook required for FIRST class, available at College Bookstore. Also, an attendance rate and final grade of 80 percent or higher is required to pass the course.

For more information about course content and certification, call Greg Mahadeen at 732.695.1649.

Instructor: Professional trainer from W.I.T.S., (World Instructor Training Schools)

Tuition: \$299 + general fee \$300. Total \$599

AFIT 003-32 Tuesdays & Thursdays, 6:30-9:30 p.m., September 19-October 26 (12 sessions)



Nutrition Concepts for Success CEU 0.6

Maximize your success as a personal trainer by helping clients with their nutritional needs. Learn more about nutrition, such as how to develop optimal ratios of carbs, fat and protein; how to analyze food labels and help clients change eating patterns. Explore nutritional needs of athletes and the effect of diet on aging. Co-sponsored with World Instructor Training Schools (W.I.T.S.) and provides six CEUs for W.I.T.S personal trainers.

PLEASE NOTE: Please bring calculator to class.

Instructor: Professional Trainer from W.I.T.S.,

Tuition: \$39 + general fee \$60. Total \$99

AFIT 005-12 Tuesday & Thursday, 6:30-9:30 p.m., November 14, 16

MCC'S COLLEGE BOOKSTORE CARRIES REQUIRED BOOKS!

For current operating hours: Call 732.906.2540

For general information: Call 732.906.2539

To purchase books online: Go to middlesexcc.bncollege.com

TO PURCHASE BOOKS ONLINE:

1. Go to middlesexcc.bncollege.com and select TEXTBOOKS.
2. Under TERM, select Non-Credit 17-18, then select DEPARTMENT, COURSE NUMBER, and SECTION for each course.
3. Choose your textbook format: NEW, USED, or DIGITAL.
4. Go to CHECKOUT.