

HEALTH & PHYSICAL EDUCATION (HPE)

HPE 0500 Personal Trainer (0 Credits)

Get all the information needed to start an exciting fitness career and become a Certified Personal Trainer. Turn your fitness passion into a profession with the ONLY IN-PERSON hands on practical skill labs in the industry. Topics will cover 15 hours on anatomy, exercise physiology, kinesiology, biomechanics, nutrition and more. The in-person practical skill labs each week allow you to role-play and review essential "hands on skills" to master assessing clients, stretching, warm ups/cool downs, exercise analysis and programming design. W.I.T.S. 30-hour optional employer internship (Level 2 Certification) helps walk you into jobs who very much value our unique certification. We are all about your success and the tools we give you will help you reach that goal.