



BELLARMINE UNIVERSITY

School of Continuing and Professional Studies

# Spring 2012

## Professional Development Courses

### **Preparing to Become an ACSM Certified Personal Trainer<sup>SM</sup>**

Enhance and advance your career as a personal trainer by obtaining a certification through the American College of Sports Medicine (ACSM), the leader in providing quality certifications for health and fitness professionals. In this course you will obtain the knowledge and skills needed to take the ACSM Personal Trainer certification exam. Through engaging lectures and hands-on experiences, you will learn about ACSM guidelines, anatomy/physiology, exercise program development and implementation, fitness testing, client behavior change/motivation, and basic nutritional concepts.

**INSTRUCTOR:** Kirk Evans holds a Masters of Science degree in Exercise Physiology and is a Certified Strength and Conditioning Specialist (CSCS). He currently works as an Exercise Physiologist at Norton Audubon Hospital.

**PROF 424 / 10 Tuesdays / Feb. 14 – Apr. 17 / 7:30 – 9:30 p.m. / \$339** (\$349 after Feb. 7)

### **Intro to Adobe Photoshop**

Do you want to create more professional looking photographs, designs, and digital collages? Discover how the multi-faceted software program Adobe Photoshop can help you reach this goal. Classes will be held in a Mac lab on the Bellarmine campus.

**Instructor:** Laura Skinner, who earned an MFA in photography from the Rhode Island School of Design, has been using Adobe software professionally for over eight years. She currently works as a freelance photographer, designer and retoucher.

**COMP 206 / 5 Mondays / Feb. 13 – Mar. 12 / 6 – 8 p.m. / \$129, includes materials** (\$139 after Feb. 6)

### **Career Booster Shot**

Are market conditions leaving you out in the cold? This course is designed specifically for people who are going through a career transition and need to know the “ins” and “outs” of a job search. You receive a thorough career assessment through a professional evaluation and the use of several test instruments. You also receive essential guidance to help you determine your career potential. Learn about alternative professions you could consider. Explore nontraditional and traditional approaches to your job search.

**Instructor:** Harry Hinkle, MBA/SPHR, is the president of H. Hinkle & Associates, a human resources consulting firm that provides HR audits, employment testing, and training.

**PROF 124 / 4 Mondays / Feb. 27 – Mar. 19 / 6 – 8 p.m. / \$119, plus \$25 materials fee** (\$129, plus \$25 materials fee after Feb. 20)

\* indicates NEW COURSE



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### **Social Media 101 for Small Business**

Learn how to communicate with your customers and prospects through social media tactics such as blogging, Twitter, podcasting and social networking sites such as Facebook and LinkedIn. Discover how to implement these strategies in your business.

**INSTRUCTOR:** Jay Lane has over 11 years of Website development and Internet marketing experience as a developer, project manager and strategist.

**PROF 414 / Wednesday / Mar. 14 / 6:30 – 8:30 p.m. / \$45** (\$55 after Mar. 7)

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