

## **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 an M.S. 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 / Sept. 10 – Nov. 13 / 7:30 – 9:30 p.m.**  
**\$339, includes materials** (\$349 after Sept. 3)

## **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 / Sept. 17 – Oct. 15 / 6 – 8 p.m.**  
**\$129, includes materials** (\$139 after Sept. 10)

## **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 Tuesdays / Sept. 11 – Oct. 2 / 6 – 8 p.m.**  
**\$119, plus \$25 materials fee** (\$129, plus \$25 materials fee after Sept. 4)

## **Literature for Leadership**

Great literature offers stunning insights into typical business problems. We'll explore a variety of works of literature that offer valuable lessons in leadership, including *Death of a Salesman*, which addresses the crucial question “Am I in the right business?”; *Notes from Underground*, a novelette that reveals why managing people is most problematic; *Antigone*, an ancient play that illustrates the dangers of managerial inflexibility; and *Glengarry Glenn Ross*, which reveals the real secrets of making sales.

**INSTRUCTOR:** Mark Dillof, Ph.D., is president of Plato's Attaché: Life & Business Advisory, where he offers executive coaching, career counseling and management consulting.

**PROF 456 / 2 Thursdays / Sept. 13 & 20 / 6 – 7:30 p.m. / \$45** (\$55 after Sept. 6)