

Preparing to Become an ACSM Certified Personal Trainer SM

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. 17 – Nov. 19 / 7:30 – 9:30 p.m.

\$339, includes some materials (\$349 after Sept. 10)

Required text: ACSM's Resources for the Personal Trainer, 3rd edition ISBN 978-0781797726. Visit the BU bookstore at www.bellarmino.bkstr.com. Limited copies available on campus. Purchase early to avoid disappointment.

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