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 / Feb. 19 – Apr. 23 / 7:30 – 9:30 p.m. **\$339**, includes PowerPoint handout (\$349 after Feb. 12)

Intro to Adobe Photoshop CS5

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 / Mar. 4 – Apr. 1 / 6 – 8 p.m. / \$129, includes materials (\$139 after Feb. 25)

Excel for Managers

Learn how you can use Excel to analyze data in support of your decision-making needs. Topics include (but may not be limited to): decision support tools in Excel (Pivot Tables, Data Tables, Solver, Goal Seek, Scenario Manager); useful formulas and functions (the wide variety of Excel formulas and functions that can simplify worksheet creation and/or support data analysis); useful worksheet design (range names, lookup functions, audit tools): and practical decision analysis. You will receive help in applying Excel tools to your own data analysis examples.

INSTRUCTOR: David Collins, Ph.D., is an Associate Professor of Accounting in the Rubel School of Business at Bellarmine University.

PROF 472 / 4 Thursdays / Feb. 21 – Mar. 21 (except Mar. 7) **/ 6:30 – 9 p.m. /\$149** (\$159 after Feb. 14)

Creating Your Own WordPress Website or Blog

If you want to be able to create your own website or blog without learning any programming languages, WordPress is the answer for you. It's one of the world's most popular web design tools because it's free, easy-to-use and produces great results. In this class you'll get hands-on experience building your own website/blog. You'll learn about setting up hosting, registering a domain name, using themes to get a distinct look, managing your content and everything else you'll need to know about running your own website/blog.

Prerequisite: intermediate computer skills. Enrollment limited to 10 students.

INSTRUCTOR: Jay Lane is a digital marketing strategist with 13 years of website development and digital marketing experience.

COMP 226 / 2 Wednesdays / Mar. 20 & 27 / 6:30 - 9 p.m. / \$79 (\$89 after Mar. 13)