Easy Ways to Register

ONLINE
ce.unm.edu

EMAIL
ceregistration@unm.edu

PHONE
505-277-0077 Option 1
M-F, 8:00am-5:00pm
Most credit cards accepted.

MAIL
UNM Continuing Education
Attn: Registration
MSC07 4030
1 University of New Mexico
Albuquerque, NM 87131-0001

FAX
505-277-1990
Fax/Mail instructions: see website.

IN PERSON
M-F, 8:00am-5:00pm
UNM Continuing Education
1634 University Blvd. NE
South Building, Room 101
(just north of Indian School)

PERSONAL TRAINER
SUMMER 2018

Personal Trainer for NASM Certification

Ready to make a passion for fitness and motivate others as your professional goal? Acquire a comprehensive knowledge of human movement science, as well as functional assessment and program design to prepare you for the NCCA accredited NASM Certified Personal Trainer (CPT) Certification. Discover the power behind Optimum Performance Training™ (OPT™) as you will learn the scientific rationale, teaching tools and the practical experience necessary to perform assessments, create individualized programs including nutrition, and behavior modification and progress your clients to their goals. New skills can be applied quickly to build clientele and increase revenue.

This course includes the NASM CPT Certification exam which will be schedule through ICWA with access for up to 6 months after successfully completing the course. Course books and material are included in tuition. Register Early.

Course Number: 38221 SUA-PD
6 sessions
Jul 21-Aug 25
Saturday
9:00am-1:00pm

Jonathan Smith, RD, LD
Institute of Community Wellness and Athletics

Location information: Institute of Community Wellness and Athletics, Community Education Room, 2420 Comanche Rd. NE, Suite G1, Albuquerque, NM 87107

Quick Facts: Fitness Trainers/Instructors

<table>
<thead>
<tr>
<th>Entry Level Education</th>
<th>High school diploma or equivalent</th>
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<tbody>
<tr>
<td>Work Experience in a Related Occupation</td>
<td>None</td>
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<tr>
<td>On-the-Job Training</td>
<td>Short-term on-the-job training</td>
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<tr>
<td>Number of Jobs, 2016</td>
<td>299,200</td>
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<tr>
<td>Job Outlook, 2016-26</td>
<td>10% (Faster than average)</td>
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For more information: Visit our website at ce.unm.edu.
Questions: Contact Loree Nalin, Program Supervisor at cehealth@unm.edu
In the hectic, day-to-day world it is clear that lifestyle choices do not always promote our health and wellness. A caring and trained health coach provides education, motivation and support for clients to achieve their health goals through lifestyle and behavior adjustments. Health coaches fill the gap between medical professionals, specialists in nutrition and disease management or exercise & personal trainers to design individual plans to achieve optimal wellness goals.

**Health Coach for ACE Certification**

Health coaching is an expanding professional service in health and wellness. As a promising strategy for helping patients make lifestyle changes, as a health coach you can aid in prevention or management of chronic conditions; such as diabetes or autoimmune disorders. Working alongside a medical professional, a health coach will enhance a patient’s ability for goal-setting, improves behaviors related to nutrition, weight management, and medication adherence. This course will prepare you to become certified by the American Council on Exercise (ACE). You will receive the ACE Health Coach Manual with practical application of the skills you are learning. The ACE Health Coach exam voucher is included in the tuition.

**Course** 38228 SUA-PD  
24 hours  
$1,995

**Days/Times**  
TTh & S  9-10:00am & 6-7:30pm

**Instructor** Jonathan Smith, RD, LD

**Location** Institute of Community Wellness and Athletics

**Note:** This certificate is relevant for registered nurses, nurse practitioners, licensed vocational nurses, practical nurses, nursing assistants, social workers, occupational therapists, recreation therapists, physical therapists, respiratory therapists, administrators, psychologists, marriage and family therapists, dieticians, educators, personal care assistants, volunteers, physicians, physician’s assistants, chiropractors, clergy, physical fitness professionals, and interested individuals.