Accelerated Fitness Trainer Clinic

You are well on your way as a fitness or sports professional. With your CPT credential or as you prepare for certification by completing a current personal trainer course, learn the direct client skills to bring your training in line with application. Your prior knowledge of human movement science, will focus these hands-on skills in a 4-day clinic with 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.

Course: 38231
4 sessions
$795
Nov 10-13 9:00am-4:00pm
24 hours

Instructor: Jonathan Smith, RD, LD, NASM CPT
Location: Institute of Community Wellness and Athletics
2420 Comanche Rd. NE, Suite 61, Albuquerque, NM.
East of I-25 and West of Carlisle Blvd.

Note: Your application must be submitted prior to enrolling. Prerequisites for verification are to be 18 year or older, current certification as personal trainer or current or completed enrollment in personal trainer course, current CPR card and a resume.

It is important that you have some prior fitness training or are enrolled in our online course. The Application form is simple and easy.

Steps for Success to Make It Happen
1. Enroll in Online course
2. Fill out CE Fitness Trainer Clinic form
3. Submit form to CEHealth@unm.edu
4. Enroll in course 38231 - Accelerated Fitness Trainer Clinic
5. Study hard
6. Set up NASM exam (included in tuition with Online course)

For complete list of class offerings, please see our catalog or visit our website at ce.unm.edu.

For more information: Visit our website at ce.unm.edu.
Questions: Contact Loree Nalin, Program Supervisor at cehealth@unm.edu
“Make it Happen” is our kick off to a great new way to become a personal trainer or fitness coach.

**Are you a GOAL GETTER?**
Get the foundations of fitness with our online course offered through Ed2Go Careers with the National Academy of Sports Medicine (NASM) to reach your first level goal. Prepare for the NASM certification exam over the next six months for your second level goal.

**NASM Certified Personal Trainer and Exam Preparation**
(Voucher Included)

Want to become a leading fitness industry professional and start an exciting career helping others achieve their fitness goals? The NASM Certified Personal Trainer and Exam Preparation program is a unique online training program that helps prepare for the NASM exam, to earn one of the most respected and in-demand certifications in the health and fitness industry. You will use a robust set of available resources (videos, presentations, readings, quizzes, activities) to master health and fitness topics, including nutrition, program design, human movement science, fitness assessments, among others.

This program includes exam preparation, all study materials, as well as the certification exam fee. The NCCA accredited NASM CPT Personal Trainer Exam is taken at a local testing center (PSI), and you can schedule your exam date after completion of the program.

**Ed2Go: GES146**

Online
80 hours
Register anytime
$1,295

http://careertraining.ed2go.com/unm/training-programs/nasm-cpt

**Quick Facts: Fitness Trainers/Instructors**

<table>
<thead>
<tr>
<th>2012 Median Pay</th>
<th>$31,720 per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entry Level Education</td>
<td>High school diploma or equivalent</td>
</tr>
<tr>
<td>Work Experience in a Related Occupation</td>
<td>None</td>
</tr>
<tr>
<td>On-the-Job Training</td>
<td>Short-term on-the-job training</td>
</tr>
<tr>
<td>Number of Jobs, 2012</td>
<td>267,000</td>
</tr>
<tr>
<td>Job Outlook, 2012-22</td>
<td>13% (As fast as average)</td>
</tr>
</tbody>
</table>

**ADDITIONAL ONLINE COURSES**

- **NASM Corrective Exercise Specialist** (CES) (Exam Included)
  - 6 months / 60 Course Hours
  - $695

- **NASM Performance Enhancement** (Vouchers Included)
  - 6 months / 60 Course Hours
  - $695

- **Advanced Personal Fitness Trainer**
  - 9 months / 400 Course Hours
  - $2,795

- **Personal Training and Group Exercise Training: Older Adults**
  - 6 months / 200 Course Hours
  - $2,595

- **Fitness Business Management**
  - 6 months / 200 Course Hours
  - $2,595

- **Nutrition for Optimal Health, Wellness, and Sports**
  - 6 months / 200 Course Hours
  - $2,595

For More Information: Visit our website at ce.unm.edu or contact Loree Nalin, Program Supervisor, Health & Wellness Professions
Office Hours: Mon-Fri | 8am-4:30pm | Phone: (505) 277-6025 | LNalin@unm.edu