Personal Trainer
at UNM Continuing Education

In the world of fitness, personal trainers are in high demand, with New Mexico employment growth projected to be over 25% until 2018. You can prepare for your personal trainer career with this challenging six week course which targets the knowledge, skills and abilities you’ll need to become a personal trainer and prepare for the National Academy of Sports Medicine (NASM) certification exam.

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 TrainingTM (OPTTM) 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 scheduled 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 WIA-PD 6 sessions $1,985
Feb 13-Mar 19 Saturday 9:00am-1:00pm

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

Location information: Institute of Community Wellness and Athletics, Community Education Room, 4110 Ellison St. NE, Suite A, Albuquerque, NM 87104

Directions: Take I-25 north to exit 231 toward San Antonio Ave/Ellison Road. Turn left onto Ellison Road.

Quick Facts: Fitness Trainers/Instructors

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<tr>
<th>2012 Median Pay</th>
<th>$31,720 per year $15.25 per hour</th>
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<tbody>
<tr>
<td>Entry Level Education</td>
<td>High school diploma or equivalent</td>
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<tr>
<td>Work Experience in a Related Occupation</td>
<td>None</td>
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<td>On-the-Job Training</td>
<td>Short-term on-the-job training</td>
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<td>Number of Jobs, 2012</td>
<td>267,000</td>
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<td>Job Outlook, 2012-22</td>
<td>13% (As fast as average)</td>
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We offer a wide variety of Health & Fitness courses such as alternative methods to strength training, yoga for athletes, salsa aerobics or beginning tennis. Try a new way to keep fit. See our website for Personal Enrichment—Health & Fitness and Yoga. ce.unm.edu/enrichment/classes/health-fitness.php

For more information: Visit our website at ce.unm.edu.
Questions: Contact Loree Nalin, Program Supervisor at lnalin@unm.edu or 505-277-6025.