

WORLD INSTRUCTOR TRAINING SCHOOLS

"Educational Excellence For Fitness Professionals"™

#1 Choice of Colleges for Fitness Certifications!
888.330.WITS(9487) | www.witseducation.com

"U.S. Labor Department predicts 28% shortage of Personal Trainers by 2012"

Personal Fitness Trainer National Certification Course*

Offered by Thomas Nelson Community College Workforce Development



WORKFORCE DEVELOPMENT
Thomas Nelson
COMMUNITY COLLEGE

To register, call
757-825-2937 or
757-258-6591

Saturdays

9 a.m. – 4 p.m.

October 31 - December 12, 2009

Hampton campus
525 Butler Farm Road

Special Note

This certification course is eligible for Workforce Investment Act Funding and Veteran's Educational Benefits in many states. Please check with the college listed, your local Workforce Investment Board or Veteran's Administration offices for details.

What Can You Expect to Learn in 6 Weeks?

Lectures (15 hrs.) • Exercise Physiology • Fundamentals of Anatomy • Biomechanics & Applied Kinesiology
• Muscular Strength & Endurance

Practical Hands on Labs

Show, Tell & Do (15 hrs.) • Fitness Assessment
• Client Rapport • Equipment Usage • Weight Training Techniques • Flexibility

Course Cost: \$625 (textbook required not included in cost)

***30- hour internship & adult CPR & AED required prior to issuance of national certification**

www.tncc.edu/wtce

For course details contact WITS at 888-330-9487 or visit www.witseducation.com



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CONTINUING EDUCATION
by The American Occupational
Therapy Association, Inc.



Call today to be an internship site or to receive a graduate list for your area!

(Human Resources will save \$\$ thousands in ads and valuable time)