



National Personal Trainer Certification

Continuing Education & Customized Training

Five Easy Registration Options

- **Online:** century.augusoft.net
- **Phone:** 651.779.3341
- **Fax:** 651.779.5802
- **Mail to:** Century College, CECT Dept.
3300 Century Avenue North
White Bear Lake, MN 55110
- **In Person:** East Campus
Mon-Thur 8 am – 7 pm
Fri 8 am – 4 pm

Questions?

Contact **Joan Peterson**
at joan.peterson@century.edu
or **651.773.1743**.

These programs can also be brought to your business/organization! Call Joan for more details.



Shape Up Your Career

You like to workout, and it shows. But are you ready for something new? Are you interested in a more challenging, secure and financially rewarding career? The Department of Labor states there is a shortage of health and fitness professionals. You can become a nationally certified personal fitness trainer and enter a career that makes you smile every time you clock in!

National Personal Trainer Certification

Become a personal trainer and join a field that ABCNews.com says is the fourth

hottest job in the U.S.! Our five-week 60-hour program covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. Using lecture, practical training and a 30-hour internship, you will gain the skills you need to become a certified personal trainer. Offered in partnership with World Instructor Training Schools or W.I.T.S. **REQUIRED TEXTBOOK:** *The Fitness Professional Handbook 5th Edition* \$81.97. To obtain book contact W.I.T.S at 1.888.330.9487 or witseducation.com.

You will learn:

- Basic anatomy, kinesiology and exercise physiology
- How to assess an individual's fitness level
- To design and customize exercise programs
- Proper execution of resistance, cardiorespiratory and flexibility exercises
- Strength exercises for every major muscle group

East Campus, Room 2311

\$525

Sat, Sept 24-Nov 5, 2011 9:00am-4:00pm
No class Oct. 22.

Note: the practicum will be from 1-4pm at Fitness19 in Maplewood.

W.I.T.S. is an approved CEU provider for the Board of Certification of Athletic Trainings (BOC), the American Occupational Therapy Association (AOTA), National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), Veterans Training and Education, and the International Association of Continuing Education and Training (IACET).



National Personal Trainer Certification Registration Form

Please fill out all information completely. Date of birth **or** social security number is required. This data is for student tracking purposes only, and will not be released or used for any other purpose.

Name _____ Date of Birth ____/____/____ Home Phone (____) _____

Home Address _____ City _____ State _____ Zip _____

Social Security # _____ - _____ - _____ Male ___ Female

Business Name _____ Business Phone (____) _____

Business Address _____ City _____ State _____ Zip _____

E-mail address _____

Course Name	Course Date	Course Fee
1. _____	_____	\$ _____
2. _____	_____	\$ _____
Total Course Fees:		\$ _____

PAYMENT INFORMATION

Check(s) Enclosed (Please write a separate check for the exact amount of each course, payable to Century College.)

Business purchase order attached

Please charge to my: ___ VISA ___ MasterCard ___ Discover Account # _____ - _____ - _____ - _____

Cardholder's Name _____ Exp. Date ____/____/____

Century College, Continuing Education and Customized Training, 3300 Century Avenue N., White Bear Lake, MN 55110

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