Personal Fitness Trainer WORKSHOP

This supplemental in-person workshop focuses on the practical application of fitness assessments and weight room coaching skills. A complement to the Personal Fitness Training Certification Program, this workshop will help you refine your knowledge and practice your skills in a one-day event that balances informative presentations with hands-on training.

Topics include:

• Fitness assessments
• Anatomy and kinesiology review
• Flexibility techniques and applications
• Injury prevention
• Exercise teaching methodology
• Spotting and cueing techniques
• Exercise progression and modifications

Date/Time:
September 18, 2016
8-5p

Location:
Emory University
Decatur, GA

Cost: $159 or $559 includes online cert & discount!
CEUs:
8AFAA/.8 NASM

FOR MORE INFORMATION, CALL Kim-518-378-1758/Kim.Aquilo@nasm.org