



Personal Trainer

If you are interested in pursuing a career in fitness, a personal-training education can be an excellent addition to your resume. Personal trainers coach groups or individuals in exercise activities. They also demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills.

In this challenging 60-hour course, you will obtain the skills and knowledge needed to become Certified Personal Trainer. This course includes 15 hours of lecture/presentations, 15 hours of hand-on practical training and a 30-hour internship. Students must be able to attend some classes/training at Meriden YMCA. Students will receive a separate 20-hour course in CPR/AED (Heart saver Adult/Child CPR Certification). A textbook is included in the cost of the training program through HCAP.

Upon completing this training program, students must successfully complete the American College of Sports Medicine (ACSM) certification exam to gain employment as a Certified Personal Trainer. Visit www.certification.acsm.org for more information. Exam fees will be covered by HCAP. For more information on the course, call WITS (World Instructor Training Schools) at 1-888-330-9487.

A suitability interview is required to discuss your professional goals and your reasons for pursuing a career as a Personal Trainer.

Note: Persons with criminal convictions may have difficulty finding employment in the healthcare industry.



Call to learn more about this **FREE** Training program:

New Haven/Hamden: (203) 624-1493 ext. 207

Meriden/Middletown: (203) 238-3688 ext. 307