

# Prepare to Work: Certified Personal Fitness Trainer



You could become job-ready  
for a new career  
in just six weeks.



## Pre-Assessment for Personal Fitness Trainer

This pre-assessment is required in order for you to be accepted into the Certified Personal Fitness Trainer class. You will be assessed using a WorkKeys test in applied mathematics, reading for information and locating information.

No cell phones allowed. Photo ID required.

### Sept. 1

Tuesday

M-TEC 150

Cost: \$50

ZPPF 098 01

5:30 to 9 p.m.

Port Huron campus

0 CEUs/3.5 Contact hours

## Certified Personal Fitness Trainer

This certification training program includes lecture, practical training, fitness testing and a 30-hour externship. The class is taught over six weeks for greater retention, with written and practical testing conducted in week six. Additional topics of instruction include biomechanics, exercise physiology, fitness testing, equipment usage and health assessment.

Prerequisites: ZPPF 098 and must obtain Adult CPR and AED Certifications in order to receive Physical Fitness Trainer Certification.

### Oct. 6 to Nov. 12

Tuesday and Thursday

NB 10 and 108

Cost: \$599

ZPPF 100 01

6 to 9 p.m.

Port Huron

6.6 CEUs/66 Contact hours

For more information, contact  
[workforce@sc4.edu](mailto:workforce@sc4.edu) or (810) 989-5788.



WORKFORCE TRAINING INSTITUTE

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Fall 2009