

# **OWLFIT PERSONAL TRAINING PREP COURSE**




**KENNESAW STATE**  
UNIVERSITY

# **COURSE OVERVIEW**

## **COURSE PURPOSE:**

This course is designed to give students the knowledge and understanding necessary to prepare for a national certification exam and become effective personal trainers. The information covered in this course will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, function, cardiorespiratory fitness, and muscular endurance and strength.



# WHO SHOULD APPLY?

## • **Current...**

- Exercise Science students
- Health promotion and wellness students
- Fitness Enthusiasts
- Public Health interest

## • **Future...**

- Physical Therapist
- Occupational Therapist
- Strength and Conditioning Coach
- Athletic Trainer
- Personal Trainer
- Gym Manager/Owner
- Physical Therapy Assistant
- Massage Therapist
- Wellness Manager
- Public Health Professional
- Sport Coach
- Physical Education Instructor



# WHY SHOULD YOU GET CERTIFIED?

- Deeper health and fitness knowledge
- Creates new opportunities to gain experience
- Increases likelihood of being hired after graduation
- Enhances degree
- Opportunity for additional income
- Relative to all careers health and fitness related



# COMMON NCCA CERTIFICATIONS

- **National Academy of Sports Medicine (NASM)**

- **Certified Personal Trainer**
- **Corrective Exercise Specialist**
- **Performance Enhancement Specialist**



- **American College of Exercise (ACE)**

- **Certified Personal Trainer**



- **National Strength and Conditioning Association (NSCA)**

- **Certified Personal Trainer**
- **Certified Strength and Conditioning Specialist**



- **American College of Sports Medicine (ACSM)**

- **Certified Personal Trainer**
- **Certified Exercise Physiologist**



# WHY NASM CPT PREP COURSE?

- Transfer theory to practice
- Hands-on experience
- Improve content retention
- Learn proper form and technique for a variety of exercises
- Develop coaching skills
- Taught by experienced professionals
- Low instructor to student ratio
- Learn program design
- Exam preparation
- Discount Pricing on Certification Bundle
  - Online study materials, exam, textbook



# COURSE STRUCTURE

- **10-12 Week Program**
- **Hybrid Structure**
- **Meet 1/week**
  - **In class lecture and discussion**
  - **Hands on skill sessions**
- **Online quizzes, PPTs, videos, study guides, etextbook, and review activities**
- **Shadowing sessions**
- **Mock client**






# COURSE PREREQUISITES

- Currently a KSU Student enrolled in at least 6 hours
- Demonstrated interest in health, fitness, and/or human performance
- CPR Certified or willing to become certified if accepted into the program
- Interest in becoming a Personal Trainer for OwlFit Fitness Programs
- Ability to attend all scheduled course meetings





# **COURSE DETAILS**

- **10-12 people will be selected**
  - **To participate in the course and be eligible for certification support participants must:**
    - **Attend all in person lectures and skills sessions (8-10)**
    - **Complete all online and homework assignments with 80% or better**
      - **Required for financial certification support**
    - **Complete all shadowing sessions (4)**
    - **Complete mock client sessions (6)**
    - **Must complete program within 12 weeks**
  - **Course requires a time commitment equivalent to a 3-hour credit class**
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# GENERAL INFO

- This is not an academic “for credit” class
  - *The Personal Training Course is approved for academic credit for Exercise Science Internship purposes.*
- This course is free for current KSU students
- The course and the certification are separate
- There will be a cost associated with the certification
- This course does not guarantee a position at KSU
- Participants who complete the course in good standing and are offered and accept a position with OwlFit, are eligible for certification support/reimbursement upon passing the exam

# NEXT STEPS

- **Next Program will begin January 28, 2022**
  - *Course is tentatively scheduled to meet on Fridays at 9:30am-12:00pm*
- **Application Deadline: 11/12/2021**
  - *Email application, resume, and cover letter to: [owlfit@kennesaw.edu](mailto:owlfit@kennesaw.edu). Subject: CPT Prep Course.*
- **Interviews: Ongoing**
- **For more information visit:**
  - <https://sportsrec.kennesaw.edu/owlfit/>

