OWLFIT PERSONAL TRAINING PREP COURSE
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
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

• **Info Sessions:** (W) 11/6 at 5pm, (TH) 11/7 at 1pm
  • SRAC, Kennesaw Campus

• **Next Program will begin January 31, 2020**
  • *Course is tentatively scheduled to meet on Fridays at 11:15am-1:15pm*

• **Application Deadline: 11/15/2019**
  • *Email application, resume, and cover letter to: Aaron High at ahigh1@kennesaw.edu*

• Interviews: 11/18 - 12/7

• For more information visit:
  • [https://sportsrec.kennesaw.edu/owlfit/](https://sportsrec.kennesaw.edu/owlfit/)