



# BECOME A PERSONAL TRAINER

Learn how to become a personal trainer using the material from the National Academy of Sports Medicine (NASM®). You'll learn the concepts to design customized workouts and gain skills to guide clients through a training program. This prep-course, along with the online resources, will prepare you for the national examination.

Register NOW in the Rec Services Admin office through Feb 21 @ 5 pm

## INCLUDED

- ✓ AFAA® Online student portal
- ✓ Exam & retest voucher
- ✓ 15+ hours of in-person applicable hands-on activities
- ✓ Shadowing and practice-teach opportunities
- ✓ Virtual option available



Course Dates: Feb 20 - Apr 17 (8 weeks)

Scheduled meeting times: Rec PT Studio, Thu 4:00 - 5:15 pm

Student Rate: \$584

\*Payment plans available

For more information contact Assistant Director - Fitness, Mitzie Rojas: mitzie@ksu.edu