



Educational Fitness Solutions
instruction . training . support

Online Professional Certificate in Personal Fitness Training

The Certificate Program

The **Online Professional Certificate in Personal Fitness Training (PFT)** is a collaboration between **Delaware Technical & Community College, Owens Campus**, the College-University Partners Network™, industry experts, internship affiliates, a board of advisors, and national organizations. This interactive, comprehensive Web-based Certificate program with an optional field internship elective course will allow students from around the world to fit courses into their busy work and home schedules, go online wherever they are, and complete the certificate within five months or have up to two-years if necessary. Content and curriculum within each course in the program is designed to present the student with the knowledge, skills, and abilities to implement a unique medically-based fitness model for their future or current clients. Students will learn how to apply their client's health history, goals, and abilities integrating exercise science curriculum and practical training techniques into a systematic model that teaches students to progress their clients through different training levels and phases. The program is offered in partnership with the **American Council on Exercise® (ACE) and IDEA Health & Fitness Association**. ACE provides graduating certificate students a preferred discount on the ACE Personal Training Certification Exam and study materials. IDEA has provided content/curriculum in the program; in addition, students receive a complimentary 6-month membership to the digital edition of *IDEA Fitness Journal*. In addition, the **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Personal Training program for 150 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 90 CPEUs, and the Optional Field Internship Course for 60 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).



Who Should Attend

This Certificate is designed for:

- (1) Fitness professionals from all fields
- (2) Individuals seeking a new career as a personal trainer working in the following settings: private and commercial health clubs, medically-based fitness facilities, community wellness centers, personal training studios, physical therapy clinics, YMCA's, JCC's, college/university centers, recreational settings, and corporate fitness centers.
- (3) Employee/staff training, education, and development
- (4) Allied health and medical professionals including physical therapists, RD's, athletic trainers, nurses, physicians, chiropractors, public health educators, and wellness consultants seeking advanced education or new career opportunities

Continuing Education Credits

The following National Organizations/Associations have approved the Personal Fitness Training program/courses for Continuing Education Credits/Units (CECs/CEUs):

- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Personal Training program for 150 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 90 CPEUs, and the Optional Field Internship Course for 60 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- The American Senior Fitness Association (SFA) has approved each course in the program for 2.0 CEUs.
- The National Federation of Professional Trainers (NFPT) has approved each course in the program for 1 CEC, equivalent to an entire 6 month CEC requirement.
- The National Council on Strength and Fitness (NCSF) has approved each course in the program for 10 CEUs.

Certificate Structures and Start Dates

To earn the Professional Certificate in Personal Fitness Training you are required to:

- Complete all five core courses within two years.
- Complete and receive a passing grade of 70 (C- or above) in all courses which includes: special projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text(s), articles, lecture presentations, internet research, and then going online to complete assignments.

The five courses plus the *optional* field internship are offered in a three-module format; each module consists of two courses that are offered simultaneously and may be taken at the same time. You are not required to take the courses in any order; however it is highly recommended that you begin with the two courses in module 1: (Introduction to Exercise Science, Level I and Level II). You may also register for individual courses if desired. The three-module series is offered three times per year in the **fall**, **spring**, and **summer**. The program can be completed in as little as five months but you must complete the requirements within two-years.

Cost Per Course

\$269.00 for all Certificate courses and the Elective Internship Course is **\$349.00**. The cost for your textbooks/course materials is separate. Please refer to the EFS Bookstore information below for additional details.

Demonstration Link

For a course demonstration, [Click Here](#)

If you are interested in viewing this **DEMONSTRATION COURSE-Introduction to Exercise Science Level II (Exercise Physiology)**, please email the director at dopft@yahoo.com In your email, request that you would like the Userid and Password to access the DEMO Course. Please provide the name of the program you are interested in viewing.

Registration Information

Please see the CCP Registration form for information on enrolling.

***NOTE:** Students may **NOT** receive a refund if they withdraw or drop a class if **Course Registration Passwords** have been provided to students.



Certificate Course Descriptions

Course 1: Introduction to Exercise Science-Level I - Anatomy and Kinesiology

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

In this course, students gain an understanding of musculoskeletal and functional anatomy and the effects of exercise placed on joint structures during exercise movements. Emphasis is placed on learning about proper body alignment, joint range of motion (ROM), basic biomechanics, and kinesiological principles to the development of safe and effective exercise programs.

Course #: **TND 209 2W1**

Dates: June 16 – July 27, 2008 (Registration Deadline is June 6)

Fee: \$269.00

Course 2: Introduction to Exercise Science-Level II - Exercise Physiology

Instructor: Dan Ritchie, MS, CSCS

This course is designed to teach the personal trainer how the muscular, skeletal, and cardiorespiratory systems function with and without exercise conditioning. Additional topics include energy metabolism, neuromuscular

function, and the physiology of exercise in relation to training programs and environmental considerations

Course #: **TND 210 2W1**

Dates: June 16 – July 27, 2008 (Registration Deadline is June 6)

Fee: \$269.00

Course 3: Health Risk Profiles and Fitness Assessment Techniques

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course teaches students how to assess and evaluate cardiorespiratory endurance, muscular testing techniques, joint ROM, flexibility, body-fat analysis, blood pressure, and body measurements based on ACSM guidelines. Topics include client screening procedures, medical and health history intake forms, identifying high-risk clients, determining the appropriate test, conducting the test, and evaluating the results

Course #: **TND 211 2W1**

Dates: July 28 – September 7, 2008 (Registration Deadline is July 18)

Fee: \$269.00

Course 4: Business Administration and Management Aspects for Personal Trainers

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course gives personal trainers a solid background in developing or starting a personal training business and prepares them for financial management, marketing strategies, and business plan development. Techniques for effective management include standards and guidelines, facility/studio personnel management, and operational issues from a small personal training (PT) studio to managing a PT department at a large health facility

Course #: **TND 212 2W1**

Dates: July 28 – September 7, 2008 (Registration Deadline is July 18)

Fee: \$269.00

Course 5: Designing Exercise Prescriptions for Normal/Special Populations

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course teaches how to develop an exercise prescription in relation to health implications for normal/special populations related to age, medical condition, and fitness level. Topics include cardiac conditions, diabetes, physical disabilities, HIV and AIDS, asthma, sensory impairments, pregnancy, and program design for children to senior populations. This course is designed as a research-based class with emphasis on designing a step-by-step process to creating individualized exercise programs

Course #: **TND 213 2W1**

Dates: September 8 – October 19, 2008 (Registration Deadline is August 29)

Fee: \$269.00

Course 6: Optional Elective – Field Internship Course in Personal Training

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

Prerequisite: 5 Courses (listed above) and CPR Certification

NOTE: This course is an *optional* course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a hands-on experience working with members at fitness facilities and health centers. Students intern for 60 total hours in this course.

Course #: **TND 214 2W1**

Dates: September 8 – October 19, 2008 (Registration Deadline is August 29)

Fee: \$349.00

Advanced Certificate Course Descriptions

Course 1: Nutritional Analysis and Management

Instructor: Melissa Halas-Liang, RD, MA, CNSD, CDE

Students will study the basic nutrition principles and how to apply them when designing structured nutritional programs for clients in collaboration with registered dietitians and nutritionists. The focus will be on vitamin, mineral, and supplement knowledge; the effects of nutrition on the exerciser and non-exerciser; strategies for successful weight management; and recognizing normal to disordered eating patterns

Course #:

Dates: Not available until Fall, 2008

Fee:

Course 2: Functional Flexibility, Core, and Balance Training

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

Students will study principles and techniques for evaluation and implementation of exercise prescriptions that include instruction in flexibility, core, and balance training. Students will learn how the beginning phases of an exercise program are based upon the starting point/level of the client based upon performance of initial assessments, neurological ability, and individual goals. In addition, students will learn to implement the Sequential Exercise Training (SET) Model to enhance posture, body alignment, stability, proprioception, and awareness to more complicated exercise movements or functional movements

Course #:

Dates: Not available until Fall, 2008

Fee:

Course 3: The Science and Biomechanics of Resistance/Weight Training Techniques

Instructor: Ken Baldwin, M.ED, ACSM-H/FI

This course teaches an educational systematic approach to teaching resistance/weight training movements. The practical application of anatomy, physiology, and body alignment is introduced to analyze weight training techniques, exercise equipment, and the risk/benefit analysis of a specific exercise chosen. Equipment modalities reviewed include stability balls, exercise bands, free weights, body weight, and commercial strength equipment

Course #:

Dates: Not available until Fall, 2008

Fee:



For program information contact

Ken Baldwin, M.ED, ACSM-H/FI

Ken Baldwin, M.ED., is the Program Coordinator and an instructor for the Professional Certificate in Personal Fitness Training Program. He is the former Chair of IDEA's National Personal Trainer Committee and Chair of the Senior Fitness Subcommittee for the Massachusetts's Governor's Committee on Physical Fitness and Sports. Ken is the Senior Editor and lead author for the American College of Sports Medicine - ACSM's Resources for the Personal Trainer Manual (2nd Ed.) and textbook. He continues to serve on national committees for ACSM, AAHPERD (AAPAR), and the Medical Fitness Association (MFA). He has been honored with numerous awards including IDEA's Personal Trainer of the Year Award, presented at the IDEA International Personal Training Summit. If you have questions about the certificate program and courses, you may contact the Program Coordinator at kbpft@yahoo.com



Ken Baldwin, M.ED, ACSM-H/FI
Program Coordinator
Professional Certificate in Personal Fitness Training
IDEA Personal Trainer of Year Award Winner
Email Address: kbpft@yahoo.com

Instructors:

Dan Ritchie, MS, CSCS

Dan Ritchie, MS, CSCS has a broad background in the fitness industry including training and management in commercial and university/hospital-based fitness, for-profit, not-for-profit and educational facilities. His primary areas of expertise are in personal training for special populations: athletes, pregnancy, blind, stroke recovery, Parkinsons, multiple sclerosis, cerebral palsy, Fibromyalgia, Alzheimer's, etc. He has worked with Division I athletes, as well as on state funded research on exercise for severe dementia Alzheimer's type. He regularly presents at national and regional conferences and has been active on committees for the American College of Sports Medicine. In 2007 he will complete his Ph.D. in Health and Kinesiology at Purdue University.

Melissa Halas-Liang, RD, MA, CNSD, CDE

Melissa Halas-Liang, RD, MA, is a registered dietitian, with a Masters in Nutrition Education, and a certification in nutrition support. In addition to working as a clinical dietitian, she assist's in clinical trials, has taught small group diabetes classes, and counseled patients on weight loss. She has spoken on a wide range of topics in the community from diet and fitness to high school sports nutrition. She has spoken at the Woman's Health Symposium on Fad Diets and on Weight Management and Disease Prevention. Melissa has published articles in periodicals on healthy eating and edited textbook nutrition sections. She developed curriculums for medical residents and lectured to health care professionals for continuing education credits on a variety of topics. Melissa's enthusiasm for healthy eating is contagious and her outgoing and interactive approach to learning motivates her audience to commit to new lifestyles.

EFS Bookstore Online and Phone Ordering Options

Welcome to Educational Fitness Solutions (EFS) Bookstore for textbooks and course materials for all courses, Certificate, and Degree programs. After you register for course(s), you should contact the bookstore to order the appropriate text/materials listed below. You'll want to place your orders before the start of each course taking into consideration delivery times. You do not have to wait to receive a registration password or registration confirmation for a given course from the school before ordering books in advance. You may order books and course materials online or by phone. The bookstore can ship anywhere in the U.S. or internationally and it is highly recommended that you place your order ASAP.

Online or Website orders:

To order books and course materials online please go to the following website:

www.fwonline.com/efs

Phone orders:

To order books and course materials by phone, please call the Bookstore toll free at **(800)-537-5512**. **NOTE:** Identify yourself as an **Online Student** when calling.

Estimated Cost for Required Materials:

Certificate in Personal Training: \$265

Advanced Certificate in Personal Training: \$195

Sales Tax:

There is no tax for orders shipped outside Ohio.

Material Availability:

Quantities of some of your materials may be limited. If orders are placed after the first week of the course, you may experience delay in receiving some of these materials.

Shipping Information:

Most orders ship *within 2* business days via UPS Ground (2-6 days) or the US Postal Service (2-6 days) – **Go to the website to view UPS Ground map of delivery time**. If faster service (next day or 2nd day delivery) is needed, please call Fitness Wholesale directly at **1-800-537-5512**, Monday - Friday 8am to 4pm Eastern Standard Time in Ohio. We will make best efforts to meet your request provided the item is currently in stock.

International Students: may want to email us at fw@fwonline.com for an UPS or USPS shipping quote. Please let us know when you need the course material.

United Parcel Service (UPS) cannot deliver to a P.O. Box (APO/FPO orders are shipped via the post office). A street address is REQUIRED for UPS deliveries. If you wish to track your order, you may do so via the link below using your online order confirmation number or sales order number.

Refund Policy:

Textbooks and other course materials (undamaged and unmarked) are refundable under a 3 day return policy (3 days from receipt of order). Shipping charges are non-refundable.

Course Materials for Professional Certificate in Personal Training:

Course 1: Introduction to Exercise Science-Level I (Kinesiology)

Required Course Material(s):

1. Manual of Structural Kinesiology- Authors: R.T. Floyd & Clem W. Thompson, 16th Edition, McGraw-Hill Publishing, ISBN#: 0073500143.

Recommended course materials to build your kinesiology library:

1. Joint Structure and Function; Authors: Norkin & Levangie, Publisher: F.A. Davis; 3rd Edition (2000).
2. The Anatomy Coloring Book Third Edition (July 2001): Authors: Kapit and Elson; Publisher- Addison Wesley.
3. Kinesiology-Scientific Basis of Human Motion 10th edition , Hamilton and Luttgens (McGraw-Hill 2002).
4. Illustrated Essentials of Musculoskeletal Anatomy; Authors: Sieg & Adams; 4th edition (2002); Publisher- Megabooks.
5. Author: Garrison, Illustrated Skeletal Muscle Flash Cards, 1st ed, (June 1997) McGraw-Hill Companies.

Course 2: Introduction to Exercise Science-Level II (Exercise Physiology)

Required Course Material(s):

1. Exercise Physiology: Theory and Application to Fitness and Performance; Authors: Powers and Howley, 6th Edition, McGraw-Hill Publishers, 2006. ISBN: 0-07-302863-0

Recommended course materials to build your exercise physiology library:

1. ACSM's Guidelines for Exercise Testing and Prescription, seventh edition, Publisher: Lippincott Williams and Wilkins, 2006, ISBN: 0-7817-4506-3

Course 3: Health Risk Profiles and Fitness Assessment Techniques

Required Course Material(s):

1. ACSM's Resources for the Personal Trainer, 2nd Edition (LWW publishing, July 2006) ISBN#: 0-7817-9053-0.
2. ACSM's Guidelines for Exercise Testing and Prescription, seventh edition, Publisher: Lippincott Williams and Wilkins, 2006, ISBN: 0-7817-4506-3.

Recommended Testing Fitness Equipment for the course:

The five items below are recommended for the **Health Risk Profiles and Fitness Assessment Techniques** course when completing your course assignments and for future use when assessing clients.

Items:

1. Posture and Body Alignment Grid
2. Slim Guide Calipers
3. Blood Pressure Cuff and Stethoscope
4. Goniometer
5. Spring loaded Tape measure

Recommended course materials to build your exercise and health assessment library:

1. Exercise Testing and Prescription, Sixth Edition, Publisher-McGraw-Hill; Author: Nieman, Publication Date: 2006
2. Measurements of Joint Motion – A Guide to Goniometry by Norkin and White, Edition 3rd, F.A. Davis Company, 2003.

Course 4: Business Administration and Management Aspects for Personal Trainers

Required Course Material(s):

1. ACSM's Resources for the Personal Trainer, 2nd Edition (LWW publishing, July 2006) ISBN#: 0-7817-9053-0.

Course 5: Designing Exercise Prescriptions for Normal/Special Populations

Required Course Material(s):

1. ACSM's Resources for the Personal Trainer, 2nd Edition (LWW publishing, July 2006) ISBN#: 0-7817-9053-0.
2. ACSM's Guidelines for Exercise Testing and Prescription, seventh edition, Publisher: Lippincott Williams and Wilkins, 2006, ISBN: 0-7817-4506-3
3. Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action. McGraw-Hill, 1st Edition, 2006 Author: Mark Vella

Recommended course materials to build your exercise prescription library:

1. Exercise Testing and Prescription, Sixth Edition, Publisher-McGraw-Hill; Author: Nieman, Publication Date: 2006
2. Exercise Physiology: Theory and Application to Fitness and Performance; Authors: Powers and Howley, 6th Edition, McGraw-Hill Publishers, 2006.

Course 6: Elective Course: Optional Field Internship in Personal Training

1. None required.

Course Materials for the Advanced Professional Certificate in Personal Training:

Course 1: Nutritional Analysis and Management

Required Course Material(s):

1. Contemporary Nutrition, McGraw-Hill Publishing, author Wardlaw 6th/edition, ISBN: 0-07+325652-8; 2006

Course 2: The Science and Biomechanics of Resistance/Weight Training Techniques

Required Course Material(s):

1. ACSM's Resources for the Personal Trainer, 2nd Edition (LWW publishing, July 2006) ISBN#: 0-7817-9053-0.
2. EFS Exercise Clipart CD; Version 1.0, 2005.
3. Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action. McGraw-Hill, 1st Edition, 2006 Author: Mark Vella

Recommended Resistance Training Equipment for the course:

The two items below are recommended for **The Science and Biomechanics of Resistance/Weight Training Techniques** course when completing your course project and for future use when training clients.

Items:

1. Theraband Stability Ball
2. Challenge Pro Tubing (4 different resistance levels)

Course 3: Functional Flexibility, Core and Balance Training

Required Course Material(s):

1. Total Body Functional Profile; Author: Gary Gray, Wynn Marketing, 2001.
2. EFS Exercise Clipart CD; Version 1.0, 2005.

Recommended Functional, Balance, and Flexibility Training Equipment for training future clients:

The five items listed below are recommended for future use when training clients. These are not required items to complete the course.

Items:

1. Stretch Out Strap
2. Foam Rolls
3. Medicine Ball
4. Theraband Stability Ball
5. Balance Disc Cushion

Frequently Asked Questions (FAQ):

What is an online course or online certificate program?

An Online course is a class offered over the Internet. The amount of work required of the student and the learning goals are no different than regular face-to-face classes. Students interact with each other and the teacher by email, phone, and through class discussion forums.

Our goal is to make online learning not only convenient but a compelling learning experience. We want students engaged in the online material beyond just reading. We've incorporated projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text, articles, lecture presentations, and then going online to complete assignments. We also hope to try to incorporate adult learning theory objectives, keeping in mind that people learn in different ways (i.e., listening, seeing, and doing.) We think, as a result, our courses are interesting and more effective.

Are there any textbook requirements and what are the costs?

Yes, there are textbooks required per each course. When you register for a course(s), instructions for ordering textbooks or course materials either online or through a toll free number will be provided. The approximate total cost of textbooks for the 5 required courses to receive the Professional Certificate in Personal Fitness Training is \$245. The total cost of textbooks for the 8 required courses to receive the Advanced Certificate in Personal Fitness Training is \$430.

What are the technological requirements for participating?

In addition to a confident level of computer literacy, certain technical requirements must be met to enable a successful experience. Technical requirements include but are not limited to having internet access with a 56K modem, but it is highly recommended that you have **DSL or High Speed Cable Internet Access**; 64 MB system RAM; 200 MB free hard disk space memory or sufficient storage; Internet access with Netscape 4.0 or better or MS Explorer 4.0 or better, reliable email account access, CD-ROM/DVD capabilities, and a reliable Internet provider. Some individual courses may have additional software and/or hardware requirements.

NECESSARY SKILLS

Knowledge of Windows or Mac OS

Ability to use web browser, email, and Internet connection

Ability to copy and save files in Windows or Mac OS

When do classes meet?

There is not a specific class meeting time. However, there is a weekly internet Coffee House meeting that students MAY attend to communicate with the course instructor via an email/discussion forum in "Real Time". Individual courses are 6 weeks in length unless otherwise indicated, with specific start and end dates. Classes or weekly sessions are available Monday morning at 12:00 a.m. (Pacific Standard Time-PST) and continue through the week and end on Sunday evening at midnight (PST). You will have 7 days to complete the assigned weekly session requirements unless otherwise indicated. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.

Is an Online course the right choice?

If you agree with these statements, online courses may be for you!

I am comfortable with using my computer for email, internet, and word processing

I have access to a computer most of the time

I have reliable high-speed internet connection

I have good time management skills

How much time will you spend per week on this course?

Most of our courses require about 5 to 10 hours per week of effort on your part. You can expect to log into the online classroom early in the week when the weekly session is released and spend about an hour or so online with the new material. Then, log in 4 or 5 more times per week for 45 minutes or so to keep up with the class discussions questions, projects, quizzes, written assignments, coffee house hours, and/or exams.



EFS Registration Form

for Corporate and Community Programs

Please complete this form and register using one of the three convenient methods.

ID# _____ **Birthdate:** _____

Name (Last, First, Middle): _____

Address: _____

City/State/Zip: _____

Phone (Home): _____ (Work): _____

Phone (Cell): _____ **Fax:** _____

E-mail: _____ Gender: Male Female
 (You must have an e-mail address for the EFS courses)

Three Easy Ways to Register

Telephone <i>Call</i> 302-855-1617	Course Number	Course Title	Cost
Fax <i>Dial</i> 302-858-5456			
Total Due			

In Person <i>Corporate and Community Programs, Jason Technology Center, Rm 109</i>	Method of Payment <input type="checkbox"/> Check payable to Delaware Tech <input type="checkbox"/> Cash (in person only) <input type="checkbox"/> Credit Card (telephone, fax) Charge my: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard Card # _____ Exp. Date: _____ Card Verification Code (last three digits on the back of card) _____ Address of Cardholder _____ _____ Authorized Signature _____ Source of Payment <input type="checkbox"/> Self <input type="checkbox"/> Employer <input type="checkbox"/> Other _____
PLEASE NOTE: Students may NOT receive a refund if they withdraw or drop a class if Course Registration Passwords have been provided to students.	

The information requested below is optional and used for statistical purposes only.

Ethnic Origin: African American Caucasian Native American/Alaskan
 Asian or Pacific Islander Hispanic/Latino Other