



SOUTHERN UNION
STATE COMMUNITY COLLEGE
HEALTH AND WELLNESS

**ACE (American Council on Exercise) Personal Trainer Course
Continuing Education
Spring 2018**

Anyone interested in becoming a personal trainer through the American Council on Exercise should participate in this continuing education course. There are no prerequisites for this course. You do not have to be a Southern Union student to take this course.

When: Mondays 2:00 pm to 3:30pm CST; January 22, 2018 – April 30, 2018

Length: 14 weeks

Where: Southern Union Health Sciences Building Room 201

Who: Anyone interested in becoming a personal trainer

How: Register with Amy Rogers by emailing her at arogers@suscc.edu. A confirmation email will be sent to you shortly. Additional Contact Info: 334 745-6437 ext: 5530

If you leave a voicemail, please provide your name, subject matter, phone number and email address.

Cost: \$225 for the 14 week course

Instructor: Amy Rogers

Contact for Questions: Amy Rogers arogers@suscc.edu 334.745.6437 ext: 5530

Books are **not** included in the \$225 fee. Books can be purchased in the **SU Bookstore if desired**. Lecture, PowerPoints and Handouts are included in the fee.

The ACE Personal Trainer Test is not included in the course fee. The course will prepare the student to take the ACE Personal Trainer Test at an accredited testing center. You must be 18 years of age and CPR certified to become a personal trainer. CPR training is not included in the \$225 fee.

The following books will be used in the course:

ACE Personal Trainer Manual 5th Edition – 978-1890720506

Essentials of Exercise Science for Fitness Professionals 4th Edition – 978-189-0720315

Skipping the following week:

Monday – March 12, 2018 – Martin Luther King Day