



SOUTHERN UNION
STATE COMMUNITY COLLEGE
HEALTH AND WELLNESS

**ACE (American Council on Exercise) Personal Trainer Course
Continuing Education
Fall 2023**

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: Tuesdays 6:00pm to 8:15pm CT; August 22, 2023 – December 12, 2023

Opelika Campus: 8/29, 9/12, 9/26, 10/10, 10/24, 11/7, 11/28, 12/12

Wadley Campus: 8/22, 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5

You choose which campus location works best for your schedule. The same material is taught on both campuses.

Length: 15 weeks

Where: Opelika Health Sciences Building Room 201 or Wadley Renaissance Room 115

Who: Anyone interested in becoming a personal trainer

How: Register with Amy Rogers by emailing arogers@suscc.edu.

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: \$299 for the 15 weeks (You will pay the first day of class.)

Instructor: Alden Mezick (amezick@suscc.edu)

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

The course will prepare the student to take the ACE Personal Trainer Test at an accredited testing center. Lecture, PowerPoints and Handouts are included in the fee.

You must be 18 years of age and CPR certified to become a personal trainer. CPR training, the ACE Book and the ACE Testing Fee are not included in the \$299 fee. The book can be purchased in the **SU Bookstore if desired or you can purchase directly through ACE.**

The following book will be used in the course:

ACE Personal Trainer Manual 6th Edition – 978-1-890720-76-6

Skipping the following class due to Thanksgiving:

Tuesday, November 21, 2023