

# AFAA Personal Fitness Trainer Certification

September 30th-October 2nd 2011  
Broadway Building-450 North Broadway

What: A three day certification workshop including lectures, practical demonstrations and written and practical exams.

## Curriculum Includes:

- Understanding wellness; Health Screening and Risk
    - Appraisal
    - Anatomy & Kinesiology
    - Exercise Physiology
    - Injury Prevention
  - Nutrition Fundamentals & Weight Management
    - Exercise Program Design
  - Special populations and medical considerations
    - Fitness Assessment testing procedures
- & More!!

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Who: For the aspiring and experienced fitness professional working one-on-one with exercise clients.

Cost: The workshop fee is \$499 & Includes:  
3 Day Certification Workshop

Personal Trainer Certification Study Guide  
One year AFAA Membership (or extension for current members)

Subscription to American Fitness Magazine  
AFAA Certified Personal Fitness Trainer certificate and id card

Call 859-986-9402

Register online at [www.afaa.com](http://www.afaa.com)

Or come to the Park Office for a paper application