ACE Personal Fitness Trainer Certification

Join St. Louis Community College Continuing Education this fall for Personal Fitness Trainer Certification!

ACE Personal Trainer Certification

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training™ (ACE IFT™) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/HIGH SCHOOL EQUIVALENCY AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. For more information on ACE Certification, please call 800-825-3636 Ext. 729. Fee includes cost of exam, textbook, study guide, and sample test. Voucher for exam must be used within 6 months of course start date. Class is not eligible for Senior Scholarship.
PEDU:753 | $695
680 M 5pm-9pm
Sept. 16 – Nov. 18
MC-BA, 220

Call 314-984-7777 to register today!

Accommodations Statement
St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at the Meramec campus at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Notice of Non-Discrimination
St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:
Corporate College
Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road
Bridgeton, MO 63044
314-539-5480

Register:
By Phone: 314-984-7777
Online: Have your credit card ready
At the Office of Continuing Education, St. Louis Community College

stlcc.edu/ce