New River Community and Technical College is offering an online course for anyone interested in a career in fitness industry, or for those who would just like to learn how to keep their own body in peak physical condition.

Health 290: Certified Personal Trainer is being offered as a special topics course in conjunction with the National Association of Sports Medicine. It is designed to prepare students to take the exam to become a Certified Personal Trainer.

The three-credit-hour course will be taught completely online. The instructor is Stephen Kidd. Physical education teachers and coaches can receive continuing education credit for course, and it would an excellent introductory overview for anyone interested in pursuing a degree in Allied Health.

The course covers the scientific rationale, teaching tools and practical expertise necessary to perform assessments, create individualized programs and progress clients to their goals. It also covers human movement, exercise science, nutrition and behavior modification.

Considered the “gold standard” in personal training certifications, the National Academy of Sports Medicine (NASM) has helped thousands of fitness professionals jump-start their careers with a training certification or specialization.
“We are very excited to be able to offer this course in conjunction with NASM,” commented Joycie Wawiye, assistant professor of Biology in New River’s Allied Health Division. “If students take the course and are interested in pursuing a career as a personal trainer, NASM will assist them in getting their certification and will help get them get started in the field,” she added.

The course begins August 17, but late registrations will be accepted through August 21. For further information call New River’s Beckley Campus at (304) 255-5812. For a complete listing of courses offered at New River Community and Technical College, visit www.newriver.edu.

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Photo Caption: Personal Trainer Certification instructor Stephen Kidd works out at a Beckley gym.