ACSM Personal Trainer Course – Continuing Education  
Spring 2016

Anyone interested in becoming a personal trainer through the American College of Sports Medicine 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 2:00pm to 3:30pm cst  
**Length:** 14 weeks  
**Where:** Southern Union Health Sciences Building Room 201  
**Who:** Anyone interested in becoming a personal trainer  
**How:** Register with Nancy Bramlett by emailing her at nbramlett@suscc.edu. A confirmation email will be sent to you shortly. Additional Contact Info: 334 745-6437 ext: 5516  
If you leave a voicemail, please leave your name, subject, phone number and email address.

**Cost:** $175 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 $175 fee. Books can be purchased in the SU Bookstore if desired. Lecture, PowerPoints and practice Test Questions are included in the fee.
The ACSM Personal Trainer Test is not included in the course fee. The course will prepare you to take the ACSM Personal Trainer Test at a Pearson Vue Testing Site. You must be 18 years of age and CPR certified to become a personal trainer. CPR training is not included in the $175 fee.

**The following books will be used in the course:**  

The course will begin spring 2016 on Monday, January 11, 2016 and end Monday, April 25, 2016.

**Skipping the following weeks:**  
Monday, January 18, 2016 – Martin Luther King Day  
Monday, March 14, 2016 – Spring Break