



SOUTHERN UNION
STATE COMMUNITY COLLEGE
HEALTH AND WELLNESS

**ACE (American Council on Exercise) Personal Trainer Course
Continuing Education
Spring 2022**

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 8:00pm CT; January 11, 2022 – April 26, 2022

Wadley Campus: 1/11, 1/25, 2/8, 2/22, 3/15, 3/29, 4/12, 4/26

Opelika Campus: 1/18, 2/1, 2/15, 3/1, 3/22, 4/5, 4/19

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 her at arogers@suscc.edu. A confirmation email will be sent to you shortly. 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: \$225 for the 15 weeks (Bring check for \$225 first class – Made out to Southern Union)

Instructor: Alden Mezick (amezick@suscc.edu)

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

The book is **not** included in the \$225 fee. The book can be purchased in the **SU Bookstore if desired or you can purchase through ACE**. Lecture, PowerPoints and Handouts are included in the fee. The course will prepare the student to take the ACE Personal Trainer Test at an accredited testing center. You must be 18 years of age and CPR certified to become a personal trainer. CPR training is not included in the \$225 fee.

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 Spring Break:

Tuesday, March 8, 2022