



Certified Personal Trainer

Grades 11 & 12

Taught at Royalton Hartland High School. The Certified Personal Trainer program is a two year program. This course is designed for the individual seeking competency in health, fitness and exercise instruction. Students will perform fundamental health and fitness assessments and learn to design and implement fitness programs for the healthy population. During the course, students are provided with the most relevant scientific information regarding the assessment, design and implementation of safe, effective and efficient personal exercise instruction.

Upon completion of this program, students will be prepared to take the American Council of Exercise Certification Examination (ACE).

Objectives are:

1. To learn anatomy.
2. To learn CPR and AED.
3. To develop a knowledge of health and fitness.
4. To learn about health screening and evaluation.
5. To study nutrition and weight management.
6. To learn proper training techniques.
7. To help clients with meeting their health and fitness goals.

Units of Study

The first year will introduce students to careers in the health and fitness field. Subject material will include health and wellness, nutrition, anatomy and physiology and anaerobic versus aerobic training techniques.

The second year will orient students to the role as a personal trainer. Concepts covered will include health screening and evaluations, fitness training, personal training techniques, exercise program design, and starting your own personal training business.

Applied Academics

Students enrolled in the Certified Personal Trainer program can earn credits that will satisfy core academic requirements in English Language Arts, Math and Science. Through the integration of these core academics, achieving a Regents Diploma remains in reach.

College Agreements

In addition to gaining the skills needed to enter the workforce, this program provides an excellent foundation for students looking to enter a college program. Articulation agreements for college credit are in place with: Bryant and Stratton College (6 hours), Niagara County Community College (3 credits) and Erie Community College (1 credit).

How to Enroll

Orleans/Niagara BOCES partners with local school districts to provide exciting hands-on career and technical training during normal school day. To learn more, speak with your high school counselor or you can contact Orleans/Niagara BOCES Orleans Career and Technical Education Center Principal Dr. Michael Weyrauch at mweyrauch@onboces.org.

Teacher Information

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