



Fitness Instructor Training - Fall 2009

The University of Nevada - Las Vegas Campus Recreational Service Fitness Instructor Training (F.I.T.) course combines lecture and practical application to cover the basics of personal fitness training and group fitness instruction during a 12-week period. This course is great for individuals interested in working for the University fitness program, preparing to take a nationally recognized fitness certification, or beginning a career in the fitness industry. Students will be introduced to: Basic anatomy and kinesiology, program design and exercise prescription, conducting fitness assessments, musical awareness, class formatting, exercise selection, choreography, and injury prevention. Previous experience in the subject matter is recommended but not required.

F.I.T. Lecture Series

(Participants are required to attend all of the lectures)

Monday, August 31	6:00-10:00pm Room 1010
Tuesday, September 1	6:00-10:00pm Room 1020
Wednesday, September 2	6:00-10:00pm Room 1010
Thursday, September 3	6:00-10:00pm Room 1010
Friday, September 4	6:00-10:00pm Room 1010

\$49 registration fee **Includes Manual

Location: Student Recreation and Wellness Center

Student Recreation
and
Wellness Center

F.I.T. Workshop Series

(Participants are required to choose one of the two tracks: Personal Fitness Training or Group Fitness Instruction and attend at least one workshop per week for a three week period).

Workshops week 1

Sept. 15th or 16th 6:00-10:00pm

Workshops week 2

Sept. 22nd or 23rd 6:00-10:00pm

Workshops week 3

Sept. 29th or 30th 6:00-10:00pm

F.I.T. Practical Exam: TBA



Questions? Please contact the Rebel Wellness Zone at 702-895-4400