ACE Personal Training Prep Course

If you are passionate about pursuing a career in health and fitness, a personal training certification is a great step towards meeting that goal. As a personal trainer, you serve as a coach, mentor, confidant and motivator, and have a significant impact on the lives of your clients.

Our ACE Personal Training Prep Course is an intensive 10-week class held during summer that will prepare you to become a nationally certified personal trainer. This course also serves as a prerequisite for working as a personal trainer at Rec Sports, if you do not currently hold a national certification.

**Cost: $375.00**

Includes the following ACE Certified items:

- Personal Trainer Educator
- Personal Training Essentials and Personal Training Manual 5th edition books ($130 value)
- PowerPoint slides, study guides, and practice exams ($75 value)
- $150 discount on ACE exam if attend 90% of classes ($150 value)

**Registration:** Email Allison Morgan at morg684@usc.edu by May 22nd

**Class Dates: Tuesdays and Thursdays, June 2nd-August 6th from 5:30-7:00pm**

The Personal Training Prep Course is a comprehensive certification training program through the American Council of Exercise. The course will provide extensive training on essential fitness subjects, including anatomy and exercise physiology, fitness assessment, program design, special populations, liability and risk management, and communication.

This course requires a substantial time commitment from all participants, equivalent to a three credit academic class. Participants are advised to be mindful of other commitments when registering for the course.

You must attend 90% of the class or more to be eligible for an exam discount and potential employment.

If you are interested in employment as a Personal Trainer with USC Recreational Sports, you will be required to:

1. Attend and complete at least 90% of classes
2. Attend mandatory interviews
3. Show proof of certification
4. Shadow two Rec Sports personal training sessions

At the end of 10 weeks you will be prepared to sit for the ACE National Certification exam and once completed you will also be eligible for employment as a USC Rec Sports personal trainer.