

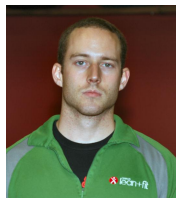
# Personal Trainer Certification Course

TAKE ADVANTAGE OF THIS COURSE THAT WILL PROVIDE YOU WITH ADVANCED COACHING SKILLS FOR STRENGTH AND CONDITIONING TRAINING WITH HANDS-ON EXPERIENCE PLUS THEORY FOR DESIGNING A SPORTS SPECIFIC CONDITIONING PROGRAM. EARN A NATIONALLY RECOGNIZED CERTIFICATE AND USE THIS KNOWLEDGE TO BECOME A STRENGTH & CONDITIONING COACH OR PERSONAL TRAINER.

### Course Presented By:



Josh Shaver



Brad Johnston

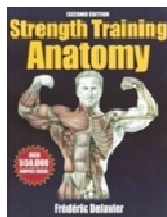
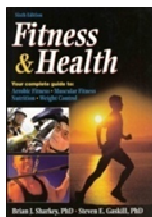


Dr. Craig Hazel

### Topics Include

- Exercise Physiology & muscle types
- Basic guidelines for the resistance training of athletes
- Basic anatomy
- Program design and needs analysis
- Strength & Conditioning guidelines
- Energy systems & training phases
- Barbell & dumbbell exercise techniques
- Core, balance, plyometric and bodyweight training exercises
- Designing and executing a workout regime for both general fitness and sports specific training

### Course Material Includes:



Also includes the *“Strength for Peak Performance”* manual

### When/Time

Thurs. Feb 3, 2011 (4pm-7pm)  
 Fri. Feb 4, 2011 (3pm-5:30pm)  
 Sat. Feb 5, 2011 (9am-2pm)

**Cost:** \$549 + HST

### Location

Greco Lean & Fit Barrhaven

### Contact

(613) 825-0498