

A certificate is the lowest level of all degree types, and is most commonly achieved as a means of career preparation. Certificates are often granted for very concentrated areas of study.

Courses in a personal trainer certificate program focus on health basics, nutrition, anatomy and physiology. Students learn how to create effective strength and conditioning programs that incorporate different exercises and work all parts of the body. They also develop interpersonal skills in order to build professional relationships and establish open communication with clients. Voluntary certifications in personal training are available from a few organizations and usually require successful completion of an exam. Some of the program fields for personal trainer certification include heart and respiratory monitoring, resistance training, and training techniques and exercises.

Schools That Offer Associate in Accounting



With five campuses throughout the Midwest, WTI has the facilities and the network to give you the convenience and the flexibility you need to make sure nothing stands in the way of the education you deserve.