RCC offers new fitness technician training program

Beginning fall term 2011-12, Rogue Community College will launch a new Fitness Technician certificate program.

Offered by the RCC Health, Physical Education and Recreation (HPER) Department, the program is designed to address emerging jobs in the preventative and rehabilitative fitness fields. The Fitness Technician certificate, which combines classroom and laboratory experience with hands-on practical training at local facilities, will prepare students for positions in fitness education and health services, according to Rhonda Misner, HPER Department head.

“The program has been created as a stepping stone for those who would like to pursue degrees in the health/fitness area, but it can also be used as an end-point certificate goal for employment,” Misner said. “Students will be prepared to work as skilled members of preventive and rehabilitative health care teams.”

Certificate holders would be qualified for employment in a variety of health and fitness clubs, wellness centers, public and private recreation facilities, hospitals, and corporate fitness programs where a working knowledge of instruction and administrative duties is required. The program supports students’ success in four nationally recognized specialty certification exams:

- Personal Trainer from the American Council on Exercise
- Group Fitness Instructor from the American Council
- Health Care Provider-Level CPR from the American Heart Association
- Emergency First Aid from the American Heart Association.

Physical fitness technicians will receive training in basic human anatomy and physiology, fitness assessment and programming, behavior modification, fitness promotion, personal training, and nutrition. Other training includes interpersonal communication skills, business preparedness, customer relations, medical terminology, gerontology, and psychology.

Fitness technicians perform a variety of duties such as directing safe and effective exercise programs, supervising weight and cardio programs, working as personal trainers with clients, assisting with swim cases and conducting exercise classes, organizing adult and children’s programs, assisting residents in a retirement or Alzheimer’s settings, and receptionist or advertising duties.

Additional duties may include participating in open gym activities and sports organizations, conducting fitness testing and instructing clients in appropriate sport and fitness activities, sales, and club business operations and member retention efforts.

For more information about the Fitness Technician certificate, contact Rhonda Misner at 541-956-7206 or visit www.roguecc.edu.

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