



"Educational Excellence For Fitness Professionals."



**Live Your Passion & Be A
Certified Personal Trainer**

World Instructor Training Schools



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What Are Your Goals!

- **Career Change**
- **Degree Affiliation**
- **Additional Revenue**
- **Community Service**



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Company History

- **Founded in 1993**
- **39 States in the US and Canada**
- **Hundreds of Colleges & Universities**
- The organizational mission is to provide education, occupational health and professional certification programs for the fitness industry, in order to improve the fitness and health of our clients ranging in age, health, and fitness status



W.I.T.S. Certified Trainers

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- Learn from highly experienced faculty
- National network of support
- Receive guidance through monthly newsletters



WITS Customized Hands on Experience leads to

- Getting hired quickly
- Increasing number of clients
- Making more money



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Sampling of Our Collegiate Partners.





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5,000+ Fitness Internship Sites



sport&health



Town Sports International





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Accreditations and Approvals





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Accreditations and Approvals



- **American Council on Education (ACE)**
 - 4 courses recommended for academic undergraduate credits



- **Massage Therapists – 15 CE Hours**
 - National Certification Board of Massage Therapy and Body Work



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Certified Personal Trainer Key Topics



- **Essential Exercise Physiology**
- **Basic Anatomy**
- **Biomechanics and Applied Kinesiology**
- **Nutritional Concepts**
- **Cardio-respiratory, Muscular Fitness and Flexibility**
- **Special Populations: Older Adult, Youth, Women**
- **Adherence and Motivation**
- **Communication Techniques**
- **Overall Injuries**
- **Business Law**



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Certified Personal Trainer Program

Optional course formats – 7 week, 9 week or Blended Online

- **15 hours classroom instruction**
key topics like biomechanics, exercise physiology, fitness testing, equipment usage, health assessment

(Hybrid online program accessible at some colleges)





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Certified Personal Training Course

- 15 Hours of Practical Training Sessions

Hands on sessions with role playing drills on assessing clients, programming, performing proper exercises, presentation skills

(Meets weekly at a gym facility)





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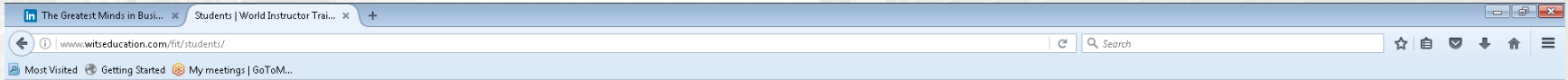
Materials

- **This course *includes* a:**
 - Complete 200 page student workbook
 - Access to online student study tools
 - *Test vouchers to take the Certified Personal Trainer exams*
- **Required *textbook purchase*:**
- Howley, Edward T. and Thompson, Dixie L. 2017. Fitness Professional's Handbook with web resources (ISBN-13: 9781492523376). 7th Edition. Champaign, IL, Human Kinetics.
- Save with the e-book version. Hard Cover is \$89.95 with shipping. <https://www.witseducation.com/fit/shop>



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Exclusive Student Study Page



Holiday Hours:

We will be closed Friday December 23rd through January 1, 2017. We will resume normal business hours January 2, 2017 @ 8am. If you have book or online orders they will be filled first thing Tuesday January 2 when we are back in the office.



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Protected: Students

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Password:

W.I.T.S. is proud to be approved & recognized by these organizations!





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Certified Personal Trainer Program

CPT Level 1

- Pass Written Exam:**
 - **100 questions**

- Pass a 4 Section Practical Skills Exam: (80% overall)**
 - **Take a client on an ON DEMAND workout to demonstrate your skills**

- CPT Level 2**
 - **Complete an optional 30 hour Internship to walk into a job!**



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The W.I.T.S. Difference

- ***The ONLY NCCA accredited practical skill exam in the fitness industry! The result is a personal trainer who can perform what the job requires.***
- ***The ONLY fitness certification program that has both NCCA accreditation and a recommendation from the American Council on Education (ACE) for 3 academic credits***
- ***The ONLY fitness certification organization that provides internship opportunities for graduates.***

BENEFITS



- ✓ **Monthly newsletter**
- ✓ **Free Monthly CEC Webinars To Alumni**
- ✓ **Discounted trainer liability insurance**
- ✓ **National referral service to employers**
- ✓ **College credit and transcripts**
- ✓ **Monthly discounts on W.I.T.S. CEC workshops**



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Don't Take Our Word For It...

W.I.T.S. Trainer of the Month

Why Did You Choose WITS:

I chose W.I.T.S. because it is not just an exam, but a hands on program including hands on practical training and classroom work plus an internship which really prepared me for my career as a trainer.

What Do You Like Most About Being a Personal Trainer:

I love that I can share my passion for health and fitness and help my clients get in amazing shape and live their best life. Helping them to feel fit, strong and healthy at any stage of life.

Marci Siebzener



<https://www.witseducation.com/fit/news/trainer-of-the-month/marci-siebzener/>



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Additional Courses & Certifications Online & LIVE Formats

- **Group Fitness Certified Instructor** (3 Credits)
- **Older Adult Fitness Specialist** (3 Credits)
- **Lifestyle Wellness Coaching** (dive into clients needs)
- **Youth Fitness Specialist**
- **Fitness Club Management** (run a gym – 3 Credits)
- **Social Media and Marketing** (the do's & don'ts that work)



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Our Grads Perform Like No Other!

Have more questions? Devon Lewis from Student Services will connect you with a college near you!

dlewis@witseducation.com

Visit our website at www.witseducation.com or call
Toll Free at 888-330-9487.

Your fitness career starts with W.I.T.S.