

ISSA Certificate Programs

Master Trainer Certificate

30 Quarter Credits Required

Occupational Objective

ISSA's Master Trainer™ program is designed to fully equip graduates with a comprehensive foundation of both the science and practice of personal training, fitness nutrition, and fitness programming for special populations. The curriculum prepares graduates to properly assess, train, and motivate the general population, clients needing fitness nutrition coaching, and special populations.

Outline - Required

General Personal Training: foundational exercise science, assessment, programming, nutrition, and sports medicine

Fitness Nutrition: scope of practice, foundational nutrition science; preparing for and evaluating clients that seek fitness nutrition counseling; generating fitness nutrition strategies; supplementation; monitoring nutritional progress; continuing nutrition education and support

Outline - Choose Four

Corrective Exercise: movement and motor learning, understanding client motivation, corrective exercise programming fundamentals, single joint and multi-joint movement analysis, restoring structural alignment and stability, restore mobility, soft tissue assessments and correctives

Exercise Therapy: therapeutic exercise, understanding the disabled, functional fitness, exercise therapy, biomechanics, contraindicated exercises, chronic conditions, and exercise programming

Senior Fitness: biomarkers, physiology of aging, chronic conditions, sensory disorders, fitness programming for older adults, geriatric motivation and teaching strategies

Strength and Conditioning: foundational exercise science for strength and conditioning, training and adaptation, endurance training, strength development, sport-specific training, athletic nutrition, sports psychology, sports injury

Youth Fitness: exercise physiology for children and teens, pediatric and adolescent fitness program design, psychology for the young athlete, sports nutrition, children and athletic injury, assessment

Group Fitness: group-related strength, endurance, flexibility, body composition and nutrition; group programming and workout design; equipment and exercises; marketing and managing your business

Bodybuilding: muscle anatomy, biomechanics, kinesiology, foundational exercises, aerobic and flexibility training, testing and evaluation, periodization strategies, advanced programming strategies, muscle shaping, nutrition and supplementation, recovery, injury prevention, psychology

Sports Nutrition: macronutrients, micronutrients, food labels, supplements, cell structure and function, digestion and absorption, energy needs and metabolism, dietary guidelines, special dietary strategies, athletic performance improvement

Methods of Study

- **Degree Track:** Requirements are completed as professor-led undergraduate distance education courses through the ISSA College of Exercise Science. Courses are structured for optimal transferability with set start and end dates, weekly assignments, instructor interaction, and online classroom discussion. Courses fulfill the core requirements of ISSA's AS in Exercise Science and also contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment.
- **Guided Study:** Requirements are completed as guided correspondence courses through the ISSA Vocational Division. A maximum of two courses can be applied toward an ISSA associate's degree with competency exam, but as correspondence courses, they do not contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment.
- **Self-Paced Study:** Requirements are completed as independent correspondence study through the ISSA Vocational Division. A maximum of two courses can be applied toward an ISSA associate's degree with competency exam, but as correspondence courses, they do not contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment.

Program Requirements (30)

Required

Certified Fitness Trainer (5): PTR251, PTR231, or PTR211

Specialist in Fitness Nutrition (5): PTR259, PTR239, or PTR219

Choose Four

Corrective Exercise Specialist (5): PTR258, PTR238, PTR218

Specialist in Exercise Therapy (5): PTR253, PTR233, or PTR213

Specialist in Senior Fitness (5): PTR256, PTR236, or PTR216

Specialist in Strength and Conditioning (5): PTR255, PTR235, or PTR215

Youth Fitness Trainer (5): PTR254, PTR234, or PTR214

Group Fitness Trainer (5): PTR257, PTR237, or PTR217

Bodybuilding Specialist (5): PTR260, PTR240, or PTR220

Specialist in Sports Nutrition (5): PTR252, PTR232, or PTR212

ISSA Professional Division - ISSA Master Trainer™ Certification

In order to obtain the ISSA Master Trainer™ Certification through the ISSA Professional Division, candidates must earn a minimum of 75% in all courses.[†] If enrollment is not continuous, the ISSA Professional Division may require completion of subject competency exam(s). ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee. Obtaining certification through the Professional Division is not a requirement of the educational curriculum, but is recommended for professional goals.

[†]Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Elite Trainer Certificate

15 Quarter Credits Required

Occupational Objective

ISSA's Elite Trainer™ program is designed to fully equip graduates with a comprehensive foundation of both the science and practice of personal training, fitness nutrition, and fitness programming for special populations. The curriculum prepares graduates to properly assess, train, and motivate the general population, clients needing fitness nutrition coaching, and special populations.

Outline - Required

General Personal Training: foundational exercise science, assessment, programming, nutrition, and sports medicine

Fitness Nutrition: scope of practice, foundational nutrition science; preparing for and evaluating clients that seek fitness nutrition counseling; generating fitness nutrition strategies; supplementation; monitoring nutritional progress; continuing nutrition education and support

Outline - Choose One

Corrective Exercise: movement and motor learning, understanding client motivation, corrective exercise programming fundamentals, single joint and multi-joint movement analysis, restoring structural alignment and stability, restore mobility, soft tissue assessments and correctives

Exercise Therapy: therapeutic exercise, understanding the disabled, functional fitness, exercise therapy, biomechanics, contraindicated exercises, chronic conditions, and exercise programming

Senior Fitness: biomarkers, physiology of aging, chronic conditions, sensory disorders, fitness programming for older adults, geriatric motivation and teaching strategies

Strength and Conditioning: foundational exercise science for strength and conditioning, training and adaptation, endurance training, strength development, sport-specific training, athletic nutrition, sports psychology, sports injury

Youth Fitness: exercise physiology for children and teens, pediatric and adolescent fitness program design, psychology for the young athlete, sports nutrition, children and athletic injury, assessment

Group Fitness: group-related strength, endurance, flexibility, body composition and nutrition; group programming and workout design; equipment and exercises; marketing and managing your business

Bodybuilding: muscle anatomy, biomechanics, kinesiology, foundational exercises, aerobic and flexibility training, testing and evaluation, periodization strategies, advanced programming strategies, muscle shaping, nutrition and supplementation, recovery, injury prevention, psychology

Sports Nutrition: macronutrients, micronutrients, food labels, supplements, cell structure and function, digestion and absorption, energy needs and metabolism, dietary guidelines, special dietary strategies, athletic performance improvement

Methods of Study

- **Degree Track:** Requirements are completed as professor-led undergraduate distance education courses through the ISSA College of Exercise Science. Courses are structured for optimal transferability with set start and end dates, weekly assignments, instructor interaction, and online classroom discussion. Courses fulfill the core requirements of ISSA's AS in Exercise Science and also contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment.
- **Guided Study:** Requirements are completed as guided correspondence courses through the ISSA Vocational Division. A maximum of two courses can be applied toward an ISSA associate's degree with competency exam, but as correspondence courses, they do not contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment.
- **Self-Paced Study:** Requirements are completed as independent correspondence study through the ISSA Vocational Division. A maximum of two courses can be applied toward an ISSA associate's degree with competency exam, but as correspondence courses, they do not contribute to the 30-credit undergraduate minimum* needed for associate's degree conferment

Program Requirements (15)

Required

Certified Fitness Trainer (5): PTR251, PTR231, or PTR211

Specialist in Fitness Nutrition (5): PTR259, PTR239, or PTR219

Choose One

Corrective Exercise Specialist (5): PTR258, PTR238, PTR218

Specialist in Exercise Therapy (5): PTR253, PTR233, or PTR213

Specialist in Senior Fitness (5): PTR256, PTR236, or PTR216

Specialist in Strength and Conditioning (5): PTR255, PTR235, or PTR215

Youth Fitness Trainer (5): PTR254, PTR234, or PTR214

Group Fitness Trainer (5): PTR257, PTR237, or PTR217

Bodybuilding Specialist (5): PTR260, PTR240, or PTR220

Specialist in Sports Nutrition (5): PTR252, PTR232, or PTR212

ISSA Professional Division - ISSA Elite Trainer™ Certification

In order to obtain the ISSA Elite Trainer™ Certification through the ISSA Professional Division, candidates must earn a minimum of 75% in all courses.[†] If enrollment is not continuous, the ISSA Professional Division may require completion of subject competency exam(s). ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee. Obtaining certification through the Professional Division is not a requirement of the educational curriculum, but is recommended for professional goals.

[†]Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Bodybuilding Specialist Certificate

Bodybuilding Specialist Certificate

5 Quarter Credits Required

Occupational Objective

The Bodybuilding Specialist program provides graduates with the knowledge necessary to work with bodybuilders, figure competitors, and other individuals looking to achieve maximal muscle hypertrophy while minimizing body fat. Graduates develop the skill set to implement training, recovery, motivational, and nutritional strategies to elicit maximal muscle growth and optimize physical appearance.

Outline

Muscle Anatomy, Biomechanics, Kinesiology
 Foundational Exercises
 Exercise Basics, Bands and Chains
 Aerobic Training, Flexibility Training
 Testing and Evaluation, Periodization Strategies
 Advanced Programming Strategies, Muscle Shaping
 Nutrition and Supplementation, Ergogenic Aids
 Recovery, Injury Prevention
 Bodybuilding Psychology

ISSA Professional Division - ISSA Certified Fitness Trainer Certification

Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Certified Fitness Trainer certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.

† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Core Requirements: Bodybuilding Specialist course (5)

This course covers training, recovery, motivation, and nutritional strategies to prepare the personal trainer to work with bodybuilders. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Bodybuilding Specialist certification through the ISSA Professional Division.

Choose ONE of the following methods of study:

Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR260	Bodybuilding Specialist - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR240	Bodybuilding Specialist - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR220	Bodybuilding Specialist - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Certified Fitness Trainer Certificate

Certified Fitness Trainer Certificate

5 Quarter Credits Required

Occupational Objective

The Certified Fitness Trainer program is designed to equip graduates with the practical day-to-day skills necessary, as well as the theoretical knowledge needed to excel as a personal trainer serving the general public. Along with the necessary exercise science foundation, the program covers client assessment, program design, basic nutrition, and sports medicine along with business and marketing skills.

Outline

Outline
Anatomy and Physiology
Kinesiology and Biomechanics
Strength Training
Cardiovascular Training
Flexibility
Body Composition
Program Development
Basic Nutrition
Injury and Disease

ISSA Professional Division - ISSA Certified Fitness Trainer Certification

Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Certified Fitness Trainer certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.

† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Core Requirements: Certified Fitness Trainer course (5)

This course covers the principles of general personal training including anatomy, physiology, biomechanics, client assessment, exercise program design, general nutrition principles, motivation, special populations, and injury prevention. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Certified Fitness Trainer certification through the ISSA Professional Division.

Choose ONE of the following methods of study:

Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR251	Certified Fitness Trainer - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR231	Certified Fitness Trainer - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR211	Certified Fitness Trainer - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Corrective Exercise Specialist Certificate

Corrective Exercise Specialist Certificate				5 Quarter Credits Required			
Occupational Objective							
This program provides graduates with the knowledge necessary to work with individuals who have acute and chronic movement dysfunctions. Graduates develop the skill set to identify the complex factors associated with poor movement patterns that to lead to injury and suboptimal human performance; and in turn correct them with the latest evidence based interventions to restore performance, improve performance, and reduce injury risk.							
Outline							
Nervous system							
Joint actions							
Movement and motor learning							
Preparing for your client							
Understanding client motivation							
Identifying performance goals							
Corrective exercise programming fundamentals							
Single joint and multi-joint movement analysis							
Restore structural alignment and stability							
Restore mobility							
Soft tissue assessments and correctives							
ISSA Professional Division - ISSA Corrective Exercise Specialist Certification							
Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Corrective Exercise Specialist certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.							
† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.							
Core Requirements: Corrective Exercise Specialist course (5)							
This course covers the skills necessary to use evidence based corrective exercise interventions to restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.							
Choose ONE of the following methods of study:							
Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR258	Corrective Exercise Specialist - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate’s degree and contributes to the 30-credit undergraduate minimum** required for associate’s degree completion.							
PTR238	Corrective Exercise Specialist - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate’s degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate’s degree completion.							
PTR218	Corrective Exercise Specialist - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate’s degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate’s degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Exercise Therapy Certificate

Specialist in Exercise Therapy Certificate

5 Quarter Credits Required

Occupational Objective

This program provides graduates with the knowledge necessary to work with clients that need supervised exercise therapy programs specifically designed around chronic conditions. Graduates develop skills necessary to design exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy.

Outline

Therapeutic Exercise
Understanding the Disabled
Functional Fitness
Exercise Therapy
Muscles and Movement
Contraindicated Exercises
Chronic Conditions

Programming for Ambulation, Aquatics, Balance, Perceptual Motor Skills, Cardiovascular Fitness, Flexibility, Range of Motion, Muscular Strength, Muscular Endurance, and Posture

ISSA Professional Division - ISSA Specialist in Exercise Therapy Certification

Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Specialist in Exercise Therapy certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.

† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Core Requirements: Specialist in Exercise Therapy course (5)

This course covers the skills necessary to bridge the gap between medical rehabilitation and post rehabilitation for clients with chronic medical conditions. Students learn to work with and develop exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Specialist in Exercise Therapy certification through the ISSA Professional Division.

Choose ONE of the following methods of study:

Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR253	Specialist in Exercise Therapy - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR233	Specialist in Exercise Therapy - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR213	Specialist in Exercise Therapy - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Fitness Nutrition Certificate

Specialist in Fitness Nutrition Certificate				5 Quarter Credits Required			
Occupational Objective							
ISSA's Specialist in Fitness Nutrition program blends nutritional science and practice in order to allow program graduates to successfully guide clients toward a better body through proper nutrition. In addition to the fundamentals of nutritional science, the curriculum includes a comprehensive approach to establishing a nutritional practice that includes how to prepare, collect and evaluate preliminary information, offer nutrition and supplement suggestions, set goals, monitor outcomes, make adjustments, and provide continuing ongoing support, all within the professional's defined scope of practice.							
Outline							
Scope of Practice							
Good Nutrition							
Cell Structure and Function							
Digestion and Absorption							
Energy Transformation and Balance							
Aerobic and Anaerobic Metabolism							
Macronutrients and Micronutrients							
Water and Fluid Balance							
Special Populations							
Preparing for Your Client							
Collecting and Evaluating Client Information							
Nutrition Strategies							
Supplementation							
Outcome-Based Nutrition Coaching							
Providing Continuing Education and Support							
ISSA Professional Division - ISSA Specialist in Fitness Nutrition Certification							
Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Specialist in Fitness Nutrition certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.							
† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.							
Core Requirements: Specialist in Fitness Nutrition course (5)							
Students learn the science behind proper nutrition and the art of applying the science as a nutrition coach. Topics include the anatomy and physiology of digestion, metabolism, energy transfer and balance, and the structure and function of macronutrients and micronutrients. Practical components include nutritional goal setting, collecting and analyzing client information, structuring an appropriate nutrition plan based on client level and goals, outcome-based nutrition coaching, and practical plans to help clients overcome common challenges. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Specialist in Fitness Nutrition certification through the ISSA Professional Division.							
Choose ONE of the following methods of study:							
Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR259	Specialist in Fitness Nutrition - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR239	Specialist in Fitness Nutrition - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR219	Specialist in Fitness Nutrition - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Group Fitness Certificate

Specialist in Group Fitness Certificate				5 Quarter Credits Required			
Occupational Objective							
This program provides graduates with the knowledge necessary to design and implement strength training classes for groups. Graduates develop skills necessary to design strength training classes for multiple participants and acquire knowledge surrounding programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing for groups classes.							
Outline							
Musculo-Skeletal System Kinesiology and Biomechanics Physiology and the Training Effect Strength, Endurance, and Cardiovascular Fitness Flexibility Body Composition and Performance Nutrition for Groups Periodizing Your Planning Considerations in Program Design Designing Your Group Workouts Equipment and Exercises Workout Programming Marketing and Managing Your Business							
ISSA Professional Division - ISSA Specialist in Group Fitness Certification							
Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Specialist in Group Fitness certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.							
† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.							
Core Requirements: Specialist in Group Fitness course (5)							
Specialist in Group Fitness shows you how to use your knowledge and experience as an ISSA certified fitness trainer to design and lead safe and effective group training sessions. The course begins with the scientific foundations for group training design, including training-essential anatomy, physiology, and biomechanics, as well as how training elicits various physical adaptations. Material then advances to the practical application of these concepts as they apply to group training program design and implementation. Advanced concepts include programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing your classes.							
Choose ONE of the following methods of study:							
Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR257	Specialist in Group Fitness - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR237	Specialist in Group Fitness - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR217	Specialist in Group Fitness - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Senior Fitness Certificate

Specialist in Senior Fitness Certificate

5 Quarter Credits Required

Occupational Objective

Graduates of the Specialist in Senior Fitness program gain the skills and knowledge necessary to plan and implement fitness programs for seniors. Graduates acquire knowledge surrounding aging and exercise, exercise programming for older adults, strength and flexibility, motivation, and exercise considerations for chronic conditions common to the geriatric population.

Outline

Biomarkers of Aging
Physiology of Aging
Chronic Conditions
Sensory Disorders
Program Design for Older Adults
Motivating and Teaching

ISSA Professional Division - ISSA Specialist in Senior Fitness Certification

Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Specialist in Senior Fitness certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.

† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Core Requirements: Specialist in Senior Fitness course (5)

Examines exercise programming for senior clients including topics on aging and exercise, chronic conditions for older adults, proper assessment, strength, flexibility, contraindicated exercises, and motivation. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Specialist in Senior Fitness certification through the ISSA Professional Division.

Choose ONE of the following methods of study:

Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR256	Specialist in Senior Fitness - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR236	Specialist in Senior Fitness - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR216	Specialist in Senior Fitness - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Strength and Conditioning Certificate

Specialist in Strength and Conditioning Certificate				5 Quarter Credits Required			
Occupational Objective This program is designed to prepare graduates to develop training programs that allow athletes to expand the capacity of their bodies to perform the most difficult athletic feats while remaining strong and free from injury. Along with the scientific foundations of strength conditioning, graduates learn the principles of athletic assessment, programming for specific sports, seasonal periodization, athletic nutrition, and sports psychology.							
Outline Anatomy Physiology Assessment Principles of Training and Adaptation Endurance Training Strength Development Sport Specific Training Nutrition Psychology Injury							
ISSA Professional Division - ISSA Specialist in Strength and Conditioning Certification Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Specialist in Strength and Conditioning certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee. † Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.							
Core Requirements: Specialist in Strength and Conditioning course (5) Covers all topics related to programming and motivation for athletes including anatomy, physiology, assessment, flexibility, strength, programming for specific sports, athletic nutrition, sports psychology, and injury. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Specialist in Strength and Conditioning certification through the ISSA Professional Division. Choose ONE of the following methods of study:							
Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR255	Specialist in Strength and Conditioning - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR235	Specialist in Strength and Conditioning - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR215	Specialist in Strength and Conditioning - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Specialist in Sports Nutrition Certificate

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.

Youth Fitness Trainer Certificate

Youth Fitness Trainer Certificate

5 Quarter Credits Required

Occupational Objective

This program provides graduates with the knowledge and skills needed to work with youth in a training capacity. Along with basic pediatric and adolescent exercise science, graduates learn the specific training principles and restrictions appropriate for kids and teens, as well as how to design safe and comprehensive fitness programs for young people.

Outline

Exercise Physiology for Children and Teens
Designing Training Programs for Children
The Psychology of the Young Athlete
Sports Nutrition
Children and Athletic Injuries
Fitness Assessments

ISSA Professional Division - ISSA Youth Fitness Trainer Certification

Upon successful completion of the course† and submission of Basic Adult CPR/AED/First Aid card, students will earn an ISSA Youth Fitness Trainer certification through the ISSA Professional Division. ISSA professional certification is valid for two years and is renewable by completing 20 approved continuing education contact hours, and submitting an updated CPR/AED/First Aid card and renewal fee.

† Minimum total course score of 75% required for undergraduate courses; Minimum of 75% required on each section of the final exam for independent study courses.

Core Requirements: Youth Fitness Trainer course (5)

Discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens. Upon successful completion of the certification examination (included in the course), students will earn an ISSA Youth Fitness Trainer certification through the ISSA Professional Division.

Choose ONE of the following methods of study:

Course #	Course Title	Hours	Length	Cost/Credit	Tuition	Other Cost	Total
PTR254	Youth Fitness Trainer - Degree Track	5 Quarter	10 Weeks	\$185	\$925	\$0	\$925
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree and contributes to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR234	Youth Fitness Trainer - Guided Study	150 Clock	4 Months	\$180	\$900	\$25	\$925
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							
PTR214	Youth Fitness Trainer - Self-Paced	150 Clock	4 Months	\$119.80	\$599	\$25	\$624
Fully self-paced. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward an ISSA associate's degree with competency exam*. Does not contribute to the 30-credit undergraduate minimum** required for associate's degree completion.							

* A maximum of 2 self-paced or guided study courses can be transferred into the degree program.

** The 30-credit undergraduate minimum is a graduation requirement of the Associate's Degree program. This requirement can be fulfilled by taking undergraduate general education, core, or elective courses through the ISSA College of Exercise Science. Students who do not wish to pursue an Associate's Degree do not need to meet this requirement.