

Certificate

Hospitality Program Cluster

Center for Business and Applied Arts

Certificate courses offered at Madison Campuses

For information call: (608) 246-6003 or
 (800) 322-6282 Ext. 6003

About the Certificate

The Fitness/Health Club Specialist Certificate qualifies people for employment as personal trainers, fitness instructors and activity directors in health clubs and recreational centers. The certificate requires one-year for completion and consists of 17 credits. Students are prepared to take certifications for the American Council on Exercise (ACE) upon completion of this certificate.

This certificate compliments the material covered in the Recreation Management Program and is open to students enrolled in that program as well as Liberal Studies/ Transfer students wishing to pursue degrees and/or careers in sports medicine, physical therapy or related fields. Individuals already working in the field who have three years of fitness-industry direct experience, or five years, post-high school, full-time work experience are also eligible for acceptance into this certificate program. For further information, please contact: Tracie Bowers, lead instructor, 608-246-6057 or tbowers@matcmadison.edu.

Students register for individual courses during the open registration period each semester. Due to popularity of these courses, it is recommended that potential students apply for the Recreation Management-Activity Fitness Leader program to improve their chances of registering for desired classes.

Students who complete this certificate typically earn \$18,000 to \$24,000 per year.

Certificate Application Process

To apply, see: Apply Online (on the Madison College website). [Create an ApplyWeb account](#) and follow the [instructions](#) to complete the [Online Certificate Application](#) before the [application deadline](#). Submit the \$15 non-refundable fee (payable by credit card, debit card or electronic check) with your application. Applicants may submit more than one certificate application per term using the Online Certificate Application; the same fees apply for each additional application.

Unique Requirements for Completion

The certificate will be awarded upon completion of the requirements with a minimum of a 2.0 grade average and no course grade lower than a C. The certificate will be awarded when completion of all requirements is verified after the semester the last course has been completed.

Courses

10-109-138 Health Club Operations and Management 3 credits
 Covers a wide range of topics about the fitness industry. Topics include: industry statistics, history, facility classifications, marketing, membership sales, equipment purchasing, maintenance, hiring, staffing, trade organizations and more. Upon completion, the student will have a solid understanding of how the fitness industry functions.

Curriculum

First Semester (Fall)		Credits	Hrs/week Lec-Lab
10-109-138	Health Club Operations and Management*	3	3-0
10-109-176	Personal Trainer Development**	3	1-3
10-807-160	Anatomy & Physiology for Exercise		
		3	3-0
Total		9	

Second Semester (Spring)		Credits	Hrs/week Lec-Lab
10-109-173	Group Exercise Leadership **	3	1-4
10-109-195	Recreation Industry Budget & Financial Mgmt*	3	3-0
20-807-255	Prevention and Care of Athletic Injuries	2	2-0
Total		8	

* Courses offered in semester shown only.
 ** These courses prepare students for national certification with the American Council on Exercise (ACE).

10-109-176 Personal Trainer Development 3 credits
 ACE PREP COURSE—Students are taught the skills and information on developing exercise programs for healthy adults. This course also prepares individuals to take the American Council on Exercise national personal trainer exam. A broad range of topics is covered including anatomy, exercise physiology, health screening, fitness testing and more. An observational research paper on a trainer-client relationship is required. Recommend taking 10-807-160, Body Structure and Function.

10-109-173 Group Exercise Leadership 3 credits
 This course prepares individuals to teach group exercise and recreation for different age groups and take the American Council on Exercise National Exam. It is a comprehensive training program that covers topics such as exercise physiology, anatomy, body mechanics, and safety, choreography development, teaching methodologies, and group dynamics. Students have the option to earn Madison College Instructor Certification. Recommend taking 10-807-160 or equivalent.

10-109-195 Rec Industry Budget and Financial Management 3 credits
 Financial methods and techniques utilized in the recreation industry. Emphasis on sources and methods of financing, forecasting cost and income, budgeting, pricing, grant seeking, sponsorship, fundraising and fiscal management.

10-807-160 Anatomy & Physiology for Exercise 3 credits
 Features lectures and activities dealing with the anatomy and physiology of the human body. Covers body systems, including the respiratory, cardiovascular, skeletal, nervous and muscular systems. Presents information on chemistry, cell structure and metabolism. Units in exercise physiology and contemporary fitness issues included.

20-807-255 Prevention and Care of Athletic Injuries 2 credits
 An introduction to the care and prevention of athletic injuries including emergency care, taping techniques, and treatment/ rehabilitation of injuries. Also useful for students interested in the field of athletic training, teaching or coaching.

More detailed and updated information on this program may be available at: madisoncollege.org. The college reserves the right to make changes in the regulations and courses announced in this publication without notice.

Madison Area Technical College provides equal opportunity in education and employment.

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