FREQUENTLY ASKED QUESTIONS

Who will I be certified through?
After successfully passing the requirements of the six-week course, you will be nationally certified through the World Instructor Training School (W.I.T.S), which has a presence in 39 states. Find out more at witseducation.com.

Is there a test given or is this a prep class?
There is a two-part exam given the final week of the course. The exam fee is included in the course tuition, and passing the test qualifies you as a Certified Personal Trainer.

Has W.I.T.S. been reviewed and or approved through any higher learning institutions?
Yes, W.I.T.S. is approved and recognized by many organizations, including the American Council of Education (ACE), the American Occupational Therapist Association (AOTA), the Board of Certification (BOC) for athletic trainers, and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). W.I.T.S. is also is an approved CEU provider of the International Association of Continuing Education and Training (IACET) and an affiliate with the National Board of Fitness Examiners (NBFE.)

Is a textbook required?
Yes, the textbook required is *Fitness Professionals Handbook, 5th edition*. It can be purchased online at witseducation.com or by calling W.I.T.S. at 888-330-9487.

Where is the class held?
Students will be on Durham Tech’s main campus from 9 a.m. to 12 noon for lecture. The practical portion of the class is from 1 to 4 p.m. at the Millennium Sports Club, 3419 Hillsborough Road, Durham, NC 27705.

When are the CPR and AED certification and the internship due?
The CPR and AED certification should be completed anytime before, during, or after the personal trainer certification course. The internship should be completed AFTER successfully passing the written and the practical skills exams. (You are granted 12 months from the original course start date to fulfill this requirement.)

Is the internship provided?
Durham Tech does not provide internships. Students are provided a courtesy list of approved facilities to assist with securing an internship. You can also find your own facility and follow a simple process for facility approval. Students can access internship forms on the W.I.T.S. website. It is the student’s responsibility to establish and complete the internship using the forms provided by W.I.T.S.

When does my certificate expire?
The national certification is good for two years. A renewal process is needed to maintain the certification, and the process is available on the W.I.T.S. website.

Are job placement services provided?
Job placement services are not provided; however, a majority of students get hired by their internship sites. W.I.T.S. does not directly assist in securing a job, but the demand in this field is high. Many fitness centers frequently contact W.I.T.S. to inquire about its graduates. No other group offers this kind of networking with potential employers.
What are the employment projections in North Carolina for Certified Personal Trainers?

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<tr>
<th></th>
<th>2004 Employment</th>
<th>2014 Employment</th>
<th>Change</th>
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<tr>
<td></td>
<td>5,070</td>
<td>6,740</td>
<td>32 %</td>
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Can I miss a day of class?

W.I.T.S. allows students to miss one class. If you miss more than one class, you are required to make it up and test over the next 12 months with another course group. If you choose to retake the course with another Durham Tech group, you must register and pay for another course.

What happens if I don’t pass the exam?

Four national retest dates are offered to help you complete your goals. Contact W.I.T.S. at 888-330-WITS (9487) or visit witseducation.com to schedule a retake exam. Durham Tech does not offer retake exams.

What is included in my tuition?

Your gym and national exam fees are included in your tuition.

Are there any prerequisites for this course?

A high school diploma or GED is required to participate. Since this is a beginning level course, there are no additional prerequisites.

What are the course completion requirements?

Students must earn a score of 70 percent or higher on the written exam and in each of the five section practical exams. Attendance is required, and students are only allowed one excused absence. Students with an excused absence must schedule a make-up session and complete any work assigned. Adult CPR and AED certification is required for the personal trainer certification to be issued. Students are also required to complete a 30-hour internship. All items must be completed within 12 months of the original course start date. The renewal period is based on the original course completion dates.

Adult CPR and AED certification is required for the personal trainer certification to be issued. It may be completed before or after the course and the exams. Results will be issued, but a certificate will not be issued without proof of the Adult CPR and AED card.

What does the course provide?

This 60-hour certification program includes 15 hours of lecture, 15 hours of practical training, and a 30-hour internship. The course is taught over five weeks for greater retention, with written and practical testing conducted in week six. Topics include biomechanics, exercise physiology, fitness testing, equipment usage, and health assessment. This is the only course of its kind in the industry!

What are the learning outcomes?

After successfully completing this course, students will be able to:

1. Understand and describe basic anatomy, kinesiology, and exercise physiology;
2. Assess an individual’s level of fitness using ACSM guidelines;
3. Design and customize exercise programs;
4. Demonstrate proper execution of resistance, cardio-respiratory, and flexibility exercises;
5. Identify and demonstrate at least one strength exercise for every major muscle group; and

What credits are issued?

The following credits are issued:

- 3 undergraduate academic credits by the American Council on Education
- 6.0 IACET: International Association of Continuing Education and Training for CEUs for many state nurses, therapists, etc.
- 6.0 BOC: Board of Certification Process CEUs for Athletic Trainers
- 1.5 AOTA: American Occupational Therapy Process CEUs
- 1.5 NCBTMB: National Certifying Board for Therapeutic Massage and Bodywork
- 60 W.I.T.S. Continuing Education Credits