EXSC 215 (Fall 2019)

This course is designed to provide initial preparation for national certification exams in the areas of resistance and cardiovascular training. This course is an advanced training course but does not have any prerequisites. If you want to be a personal trainer, this is a good first step in content knowledge.

Instructor: Dr. Karen Hand (k-hand@neiu.edu)

EXSC 315 (Spring 2020)

This course is designed to prepare you to become a Certified Strength and Conditioning Specialist (CSCS) or Certified Personal Trainer Professional (CPT) by the National Strength and Conditioning Association (NSCA). This course is a follow up to EXSC 215 focusing on the role of personal trainers. Learn how to build a resistance and cardiovascular program that is performance or sport based. More advanced training techniques are introduced for programs addressing various populations (e.g., older adults, disabilities, rehabilitation).

Instructor: Dr. Karen Hand (k-hand@neiu.edu)

FOR MORE INFO: Go to the Health Sciences & Physical Education Department’s courses, email Dr. Hand OR Dr. James Ball (j-ball@neiu.edu)