



**HOPKINS**  
O'CONNOR RECREATION CENTER

# PERSONAL TRAINING PREP COURSE

This course is designed to give students the knowledge and understanding necessary to prepare for the American Council on Exercise (ACE) Personal Trainer Certification Exam. This course includes both theoretical and practical components to prepare you to become a successful personal trainer.

**Class will meet in the Ralph S. O'Connor Recreation Center during the Intersession from January 8th to the 28th, 2018**

**Mondays, Tuesday, & Thursdays - 6:15 to 8:30PM  
Sundays - 8 to 10AM**

## **FIND THE COURSE ONLINE**

Personal Training Prep Course is listed under "Academic Exploration" and within the Interdepartmental Category.

**Course:** #AS.360.155.13 | **Credits:** 1.0

For more information, contact Assistant Director - Fitness, Jackie Lebeau at [Jackie.Lebeau@jhu.edu](mailto:Jackie.Lebeau@jhu.edu)