World Instructor Training Schools (W.I.T.S.), a unique national fitness instructor training program, has partnered with Onondaga Community College to teach Certified Personal Trainer. This challenging course is taught over an 8-week period for better retention and skill competency. The national exam is held in the 9th week.

This course is designed for current and future fitness professionals who are interested in helping individuals, communities, and groups gain the benefits of participating in regular physical activity in a positive and safe environment. This course includes guidelines for laboratory testing used in a health and fitness setting and for exercise programming both in healthy populations and in populations with special needs.

Jobs in this field in Syracuse pay $28,000 - $32,000.

**What is the course description?**

The Personal Trainer course is formatted as a 62-hour program and is comprised of 16 hours of lecture, 16 hours of practical training, and 30-hours in an externship. It covers topics including anatomy & physiology, biomechanics, exercise physiology, fitness testing, equipment usage, and health assessment.

Successful completion of the course requires a passing grade of at least 70% on both the written and practical skills exams.

Classes meet on weekends. Only one missed class is permitted in order to sit for the exam. Any additional missed classes will be required to be made up over the next 12 month, at no extra charge.

If you miss only the exams, there is a $75 fee to take the core exam online at a Prometric testing center. You can take the practical exam at no cost on a future course testing day.

**What happens if I don’t pass?**

Core exams will be retested online at a Prometric testing center at a cost of $75. WITS offers 5 national practical retest dates a year and that cost is also $75 per exam. You also have the opportunity to sit in on the course again at no extra charge.

**What are the course pre-requisites?**

High school diploma, or high school equivalent/GED, with biological sciences helpful.

**Is the externship provided?**

A list of approved facilities will be sent to students with their passing test results, or you can find your own site and have it approved by W.I.T.S. It is the student’s responsibility to contact and complete the externship with the forms provided.
How do I register for the course and what is the refund policy?
You can register online at www.sunyocc.edu/community, by mail or fax, or in person. The class is limited to 20 students. Course refunds will be granted up to three business days prior to class start date.

What is the course tuition fee?
Tuition is $699. Payment can be made by cash, check or money order made payable to OCC, or Visa, MasterCard, and Discover credit cards. The course fee does not include the class textbook. This course is not eligible for federal financial aid.

Are there any additional fees?
The required textbook is not included in tuition fees.

**Fitness Professional's Handbook-6th Edition**
Authors: Edward Howley, Dixie Thompson
$84.00 + $ 9.97tax/shipping/handling = $93.97

If you do not pass or miss the core exam, there is a $75 fee to take the exam online at a Prometric testing center. You can take the practical exam at no cost with a future course.

What is certification?
Certification is the process by which a non-governmental association or agency grants recognition to an individual who has met certain predetermined qualifications specified by that association or agency.

What are the requirements for certification?
After passing the requirements of the 9 week course, students must successfully complete 30 hours in an externship. Students must submit proof of current CPR/AED certification, completed prior, during or after the course. The national certification is good for 2 years. The renewal process, listed on the website, is needed to maintain the certification.

Who is W.I.T.S.?
W.I.T.S. is a nationally recognized organization, approved by the American Council of Education, the American Occupational Therapist Association, Board of Certification for Athletic Trainers, National Certification Board for Therapeutic Massage and Bodywork, and The Veteran’s Education and Training Administration.

What happens to my certification if I move to another state?
W.I.T.S. is located in 39 states as well as Canada, Bermuda and Jamaica so your certification is valid in other states.

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Lifelong Learning at Onondaga Community College
Questions? Please contact us:
lifelong@sunyocc.edu | 315-498-6000 | 315-498-2589 (fax)
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