

# Personal Fitness Training & EKG Technician

**Exercise Science Program**  
Delaware Technical and Community College  
Wilmington Campus

## What you will learn:



*Strength training*



*Manual strengthening*



*Manual/PNF Stretching*



*Functional training*



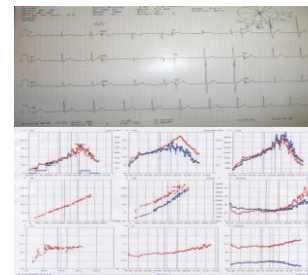
*Core training*



*Aerobic training*



*12 Lead EKG Stress Testing*



*Fitness Test Interpretation*



*Metabolic Gas Analysis*



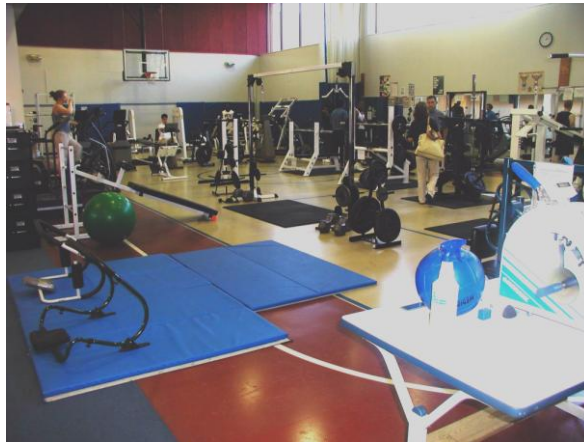
*Exercise Prescription*

## **What you can do:**

- *Personal training*
- *Corporate, Senior and Private Fitness centers*
- *Cardiac and Pulmonary Rehabilitation centers*
- *Team Strength and Conditioning*
- *Fitness Evaluations [EKG, pulmonary, musculoskeletal, body composition, flexibility]*
- *EKG stress test technician or EKG monitoring*
- *Anaerobic Threshold and VO2 testing*
- *Continue your education to obtain a four-year degree by taking advantage of our articulation agreements with the University of Delaware and Cabrini College.*
- *Qualify to sit for the Health Fitness Instructor (HFI) certification [ACSM ] and/or the Certified Personal Trainer (CPT) certification [ACSM or NSCA].*

## **Our Philosophy:**

- *Education based on the American College of Sport Medicine [ACSM] and National Strength and Conditioning Association [NSCA]*
- *Competency based education*
- *Class size limited to 16 to assure personalized instruction*
- *Hands-on, lab oriented instruction in our full fitness center facility*



*For more information contact:*

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