

# PTR - PERSONAL TRAINER

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## **PTR 200 - Pilates Reformer Instructor Certification** **Units: 4**

This course provides total immersion into Pilates principles, Pilates exercises, communication methods and goal oriented training. Students will learn and practice anatomy, biomechanics, and their application to personal training strategies with an emphasis on client safety and communication. Students completing the required hours and passing the practical and written exams will be certified to teach standard reformer Pilates.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite: CPR Certification*

*Term Offered: Spring and Fall*