



Fitness Instructor  
Honors

**.5 GPA BOOST**

# FITNESS INSTRUCTOR HONORS

Online Campus Course Code: 764097

Base School Course Code: 764013

## Do You Want To Be...

Athletic Trainer  
Physical Therapist  
Registered Dietician  
Facility Gym Owner (Entrepreneur)  
Pre-Med, Biology, or Exercise Physiology Degrees  
Sports Coach or Physical Education Teacher  
Strength & Conditioning Coach  
Licensed Massage Therapist

## Learn to Be a Fitness Instructor

### National Academy of Sports Medicine Certification

Work with Professionals  
CPR Certified  
Create Individual Workout Plans  
Weight Room Experience  
Nutrition  
Guest Speakers  
Field Trips  
Business Leadership Opportunities

**.5 GPA BOOST  
HONORS LEVEL**

- **START EARNING  
\$17 - \$50**  
right out of high school!

- **FCPS PAYS FOR  
YOU TO TAKE  
THE  
CERTIFICATION  
TEST!**

**CPR & AED  
Certification**

- **ACCEPTED AT  
MOST LOCAL  
GYMS**

- Career & College Readiness
- Build Confidence
- Communication
- Marketing Strategies
- Resume Writing
- Internships
- Consumer Advocacy

- **Work-Based  
Learning Project**

**Personal Training Certification**



National Academy of Sports Medicine

# VIDEO



# CHECK IT OUT!



A close-up, low-angle shot of a dumbbell handle, showing the textured grip and the metal shaft. The background is blurred, showing other gym equipment.

# Do You Want To Be...

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- **Athletic Trainer**
- **Physical Therapist**
- **Registered Dietician**
- **Facility Gym Owner (Entrepreneur)**
- **Pre-Med, Biology, or Exercise Physiology Degrees**
- **Sports Coach or Physical Education Teacher**
- **Strength & Conditioning Coach**
- **Licensed Massage Therapist**

# Lots of Benefits!



MAKE MONEY... with an income potential of \$17 to \$50 an hour at the early age of 18!



NO HOMEWORK & NEW NASM open book certification option! High Pass Rates!



BUILD YOUR OWN BUSINESS & CREATE YOUR HOURS!



RESUME BUILDER FOR ANY FUTURE JOB!



FCPS PAYS FOR YOUR TEST!

- **Helps pay your bills!** When going to college, you'll have an advantage to get a job at your college gym.
- Use the certification to train during the spring, winter, and summer breaks or...  
(if going to school as a commuter to have a job while going to school.)

**BIG BENEFITS  
to  
TAKING  
FITNESS  
INSTRUCTOR  
HONORS!**

**.5 GPA  
BOOST**

**Earn the National  
Academy of Sports  
Medicine Certification**

**This certification is NCAA  
accredited and can be  
used to train at the college  
and professional levels!**

# 2 COURSE OPTIONS-I TEACH BOTH!

## THE CODES YOU ENTER IN STUDENT VUE

West Springfield

**764060**

FCPS Online  
Campus

**764097**

**\*\*\*Make sure to let your school counselor know if you want to take it with the FCPS Online Campus.**

# Course Selection Links & Info

[Course Selection in SIS-Step To Walk Through](#)

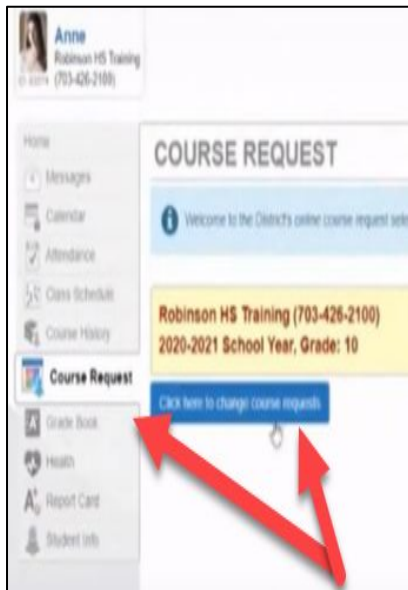
[WSHS Course Catalog](#)

[Academic Advising Site](#)

## HOW TO ENTER COURSES IN STUDENT VUE

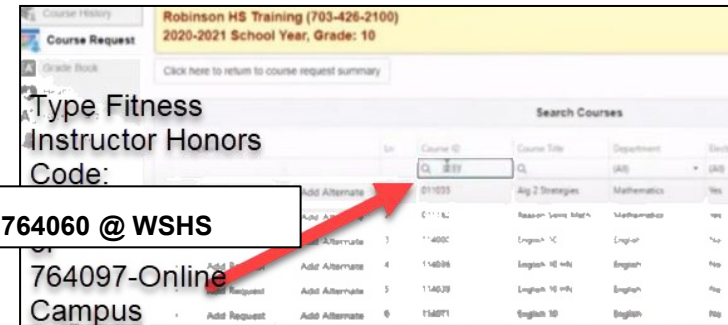
1. Log into StudentVue

2. Click on Course Requests (left tab)

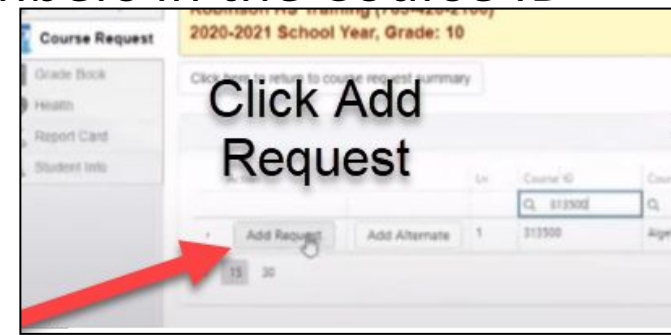


3. Click the dark blue box which says Click Here for Course Requests

4. Click Course ID and type in **764060** for WSHS or **764097** for Online Campus!



5. Click Add Request after typing the course code numbers in the Course ID



# FITNESS INSTRUCTOR HONORS

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**NUTRITION  
KNOWLEDGE**



**GUEST  
SPEAKERS**



**FIELD  
TRIPS!**



**BUSINESS &  
LEADERSHIP  
OPPORTUNITIES**



# FITNESS INSTRUCTOR HONORS

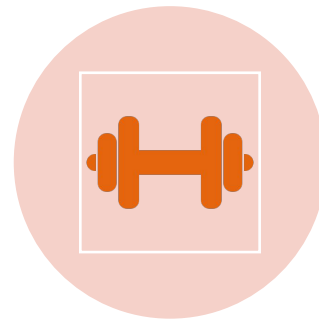
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**TRAIN A  
TEACHER  
OF YOUR  
CHOICE!**



**GET CPR  
CERTIFIED!**



**DESIGN  
WORKOUTS  
FOR  
YOURSELVES  
& OTHERS**



**LEARN YOUR  
STRENGTHS!**

## Are you Interested In Getting...

Fitter - Leaner - Stronger - Faster - Healthier  
Learning The Skills To Stay Healthy And Play Better

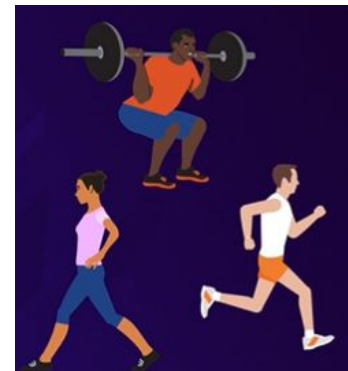


## Personal Fitness 1

Course Code ID: 764011

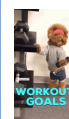
## Completed PF 1 and Want to...

Dive Deeper Into Nutrition,  
Understand Human Movement  
Patterns,  
Advance Gymnastics/Barbell  
Technique,  
Learn To Develop Training Programs



## Personal Fitness 2 or Adv. PE

Course Code IDs: 764012 (PF 2) or 751000 (Adv. PE)



## Are you Interested In...

## Becoming a Certified Personal Trainer!

FCPS has partnered with the *National Academy of Sports Medicine* to offer an outstanding opportunity for our students to become a professional certified personal trainers. Students can earn on average \$50,000 a year right out of high school. This certification looks amazing on college applications and can help you earn money while going to school or to help pay your bills! **SENIORS ONLY!**

### Test paid for by FCPS!

Get CPR/First Aid Certified in this course!

### ARE YOU CONSIDERING A CAREER IN THE MEDICAL FIELD?



- Athletic Trainer
- Physical Therapist
- EMT
- Doctor
- Nurse
- Exercise Physiologist



## Fitness Instructor Honors (.5 GPA BOOST)

Course Code ID: 764060 (WS) or Online Campus 764097

## Are you interested in...

Learning the physical postures and exercises of yoga that develop strength, flexibility, coordination, balance and reduce stress. Developing independent, personal practices that can be adapted and modified to their individual needs. Learn relaxation techniques, breathing practices and mindfulness practices to support their fitness and well-being.

## YOGA FOR WELLNESS 1 & 2

Course Code ID: 751050 (Yoga 1) & 751055 (Yoga 2)

## 2024-25 HEALTH & PHYSICAL EDUCATION ELECTIVES

- 764011 Personal Fitness 1
- 764012 Personal Fitness 2
- 751000 Advanced PE (Personal Fitness 3)
- 764060 Fitness Instructor HN-**12th Grade Only @ WSHS**
- 764097 Fitness Instructor HN-**12th Grade Only \*Online Campus**
- 751050 Yoga for Wellness- **9th-can take this class**
- 751055 Yoga for Wellness 2