

# The Cooper Institute 2010 Course List



Course Name	Date Offered	Contact Hours	Price
<b>Balls, Bands, and More (BB)</b> Learn creative hands-on ways to train using balls, tubing, foam rollers, straps, and more.	Feb. 25-26 May 13-14 Sept. 2-3	14 <sup>2</sup>	\$295
<b>Biomechanics of Resistance Training (BIO)</b> Become a resistance training expert.	March 12-14 June 11-13 Nov. 5-7	19 <sup>2</sup>	\$395
<b>Boot Camp and Circuits Leadership (BCC)</b> Time efficient exercise for a group setting.	Feb. 22-24 May 10-12 Aug. 30 - Sept. 1	22	\$395
<b>Cardiopulmonary Resuscitation (CPR)</b> HeartSaver® CPR and AED training led by CI instructors.	Monthly	2	\$60
<b>Coaching Healthy Behaviors (CHB)</b> Learn how to coach your clients into lasting behavior change.	Jan. 25-28 May 24-27 Nov. 15-18	24 <sup>2</sup>	\$475
<b>Fire Service Fitness Specialist (FSFS)</b> Be the fitness expert for your department or academy.	Feb. 1-5 Sept. 20-24	33 <sup>2</sup>	\$695
<b>Health Conditions and Exercise (HCE)</b> Learn about high blood pressure, pre/postnatal, older adults, diabetes, asthma and tailored strategies.	March 22-26 Aug. 2-6 Oct. 25-29	30 <sup>2</sup>	\$695
<b>Health Promotion Director (HPD)</b> Learn how to set up successful wellness programs, get top level support, and more.	April 26-30 Sept. 27 - Oct. 1	32 <sup>2</sup>	\$695
<b>Indoor Cycling (IC)</b> Become an instructor or for your own cycling training.	June 4	7	\$150
<b>Law Enforcement Fitness Specialist (LEFS)</b> Be the fitness expert for your department or academy. Learn the specific standards for fitness assessments in your field.	Jan. 11-15 April 19-23 July 19-23 Oct. 18-22 Dec. 6-10	33	\$695
<b>Personal Training Education (PTE) - Live</b> 4.5 day instructor-led course to learn about personal training.	Monthly Mon. - Fri. and Sat.	34	\$595
<b>Personal Training Applied (PT-Ap) - Live</b> 2 day hands-on course. Complements DVD or online learning.	April 8-9 July 8-9 Oct. 14-15	14	\$295
<b>Personal Training Education - DVD</b> Computer CD and manual included.	DVD	25	\$400
<b>Personal Training Education - Facilitated</b> Online course facilitated by CI Instructors to learn about personal training.	Online	Coming Summer 2010	\$895
<b>Personal Training Education - II (PTE-II)</b> <i>Advanced</i> concepts including functional fitness assessments.	Feb. 15-19 June 14-18 Nov. 8-12	30 <sup>2</sup>	\$695
<b>Providing Dietary Guidance (PDG)</b> Be able to answer client questions about healthy eating.	March 29-31 Aug. 23-25 Online	20 <sup>2</sup>	\$410-live \$395-online
<b>Weight Management Leadership (WML)</b> Science-based strategies for losing weight and keeping it off.	Online	15 <sup>2</sup>	\$295
<b>Youth Fitness and Nutrition (YFN)</b> Healthy living and program design for kids. <i>Online by Summer 2010.</i>	March 1-2 Online	14 <sup>2</sup>	\$240

<sup>2</sup>Pre-approved for CEC's with ACE, ACSM, CDR, NCHCEC, NSCA and NASM.  
Check our web site for each course.

**Your time. Your location.**

# 2010 Course Offerings in Dallas, Texas

### JANUARY

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	CHB	CHB	CHB	CHB		

### FEBRUARY

SUN	MON	TUE	WED	THR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	BCC	BCC	BCC	BB	BB	

### MARCH

SUN	MON	TUE	WED	THR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### APRIL

SUN	MON	TUE	WED	THR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### MAY

SUN	MON	TUE	WED	THR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	CHB	CHB	CHB		

### JUNE

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### JULY

SUN	MON	TUE	WED	THR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### AUGUST

SUN	MON	TUE	WED	THR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### SEPTEMBER

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### OCTOBER

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	HCE	HCE	HCE	HCE	HCE	

### NOVEMBER

SUN	MON	TUE	WED	THR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### DECEMBER

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Calendar Color Key:

- BB** - Balls, Bands, and More
- BIO** - Biomechanics of Resistance Training
- BCC** - Boot Camp and Circuits Leadership
- CPR** - CPR and AED Training
- CHB** - Coaching Healthy Behaviors
- FSFS** - Fire Service Fitness Specialist
- HCE** - Health Conditions and Exercise
- HPD** - Health Promotion Director
- IC** - Indoor Cycling
- LEFS** - Law Enforcement Fitness Specialist
- PTE** - Personal Training Education
- PT-Ap** - Personal Training - Applied
- PTE-II** - Personal Training Education - II
- PDG** - Providing Dietary Guidance
- YFN** - Youth Fitness and Nutrition

*Check web site. Dates can change.*

## Cooper Institute Certified Personal Trainer (CI-CPT)

Nationally accredited certification exam now available **nationwide** in testing centers and at military and government facilities worldwide.



*Your time. Your location.*

Register at:  
[www.CooperInstitute.org](http://www.CooperInstitute.org)

Or call:  
**(800) 635-7050**

*Online courses offered too!*