

# The Cooper Institute 2009 Course List



Course Name	Date Offered	Contact Hours	Price
<b>Balls, Bands, and More<sup>1</sup> (BB)</b> Learn creative hands-on ways to train using balls, tubing, foam rollers, straps, and more.	April 2-3 July 28-29 September 17-18	14 <sup>2</sup>	\$295
<b>Biomechanics of Resistance Training (BIO)</b> Become a resistance training expert.	January 9-11 June 12-14 November 6-8	19 <sup>2</sup>	\$395
<b>Coaching Healthy Behaviors (CHB)</b> Learn how to coach your clients into lasting behavior change.	February 23-25 June 1-3 November 16-18	21 <sup>2</sup>	\$430
<b>Fire Service Fitness Specialist (FSFS)</b> Be the fitness expert for your department or academy. Learn the specific standards for fitness assessments in your field.	February 2-6 October 26-30	33 <sup>2</sup>	\$695
<b>Group Exercise Leadership (GEL)</b> Step, Hi/Lo, Circuits, and more.	March 30 - April 1 September 14-16	19	\$395
<b>Health Promotion Director (HPD)</b> Learn how to set up successful wellness programs, get top level support, market programs, and more.	May 11-15 Sept. 28 - Oct.2	32	\$695
<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.	January 19-23 April 27 - May 1 July 13- 17 October 5-9 December 7-11	33	\$695
<b>Personal Training Education (PTE)</b> 4 day instructor-led course to learn how to be a personal trainer.	Monthly Mon. - Thurs.	30	\$525
<b>NEW Personal Training Education - II (PTE-II)</b> Advanced concepts including functional fitness assessments.	February 16-20 June 15-19 November 9-13	30 <sup>2</sup>	\$695
<b>Providing Dietary Guidance (PDG)</b> Be able to answer client questions about healthy eating. And online summer 2009.	January 12-14 April 15-17	20 <sup>2</sup>	\$410
<b>NEW Special Populations and Exercise (SPE)</b> Learn about health conditions, older adults, and tailored strategies.	March 23-27 August 3-7 October 12-16	30 <sup>2</sup>	\$695
<b>30 Minute Workouts<sup>1</sup> (TMW)</b> Circuit training leadership for effective and time efficient workouts.	May 2 October 10	7	\$175
<b>Weight Management Leadership<sup>1</sup> (WML)</b> Science-based strategies for losing weight and keeping it off.	April 6-8 August 19-21	21 <sup>2</sup>	\$380
<b>Youth Fitness and Nutrition<sup>1</sup> (YFN)</b> Healthy living and program design for kids.	February 26-27 July 30-31	14 <sup>2</sup>	\$240

<sup>1</sup>Workshop only, no test.

<sup>2</sup>Pre-approved for CEC's with ACE, ACSM, CDR, NASM and NCSF. For more details see our web site.