

Resistance Training Certificate (RSTC)

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The Resistance Training Certificate prepares students to develop safe, effective, and efficient resistance training programs. Students evaluate biomedical, physiological, and genetic factors affecting strength and muscle tissue gain and learn proper form, technique, and spotting for resistance exercises using body weight, free weights, resistance machines, and other resistance-training disciplines.

Graduates may be employed as corporate, community, or hospital-based fitness and personal resistance program trainers.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit our Admissions Page (<http://www.cincinnati-state.edu/academics/admission>)

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Program Prerequisite: Meet with Program Chair

Semester 1		Lec	Lab	Credits
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 124	Resistance Training Instructor	3	2	4
Total Credits:		4	2	5

Faculty

Advisor

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
melinda.piles@cincinnati-state.edu