Join this fast-growing career!

There is a great need for qualified nutrition/fitness professionals in this fast-growing county.

Eight courses equaling 21 units and can be completed in only two semesters!

Help people with their goals to a healthier lifestyle.

Contact us

Whether it’s your career path or a stepping stone along the way, apply online and register for classes at www.sierracollege.edu

Rocklin Campus

To set up your schedule, contact Rocklin Counseling
(916) 660-7400

For specific questions, contact:
Mithia Mukutmoni
(916) 660-7931
mmukutmoni@sierracollege.edu

Judith “Star” A. Kreft
(916) 660-8100
jkreft@sierracollege.edu

Nevada County Campus

To set up your schedule, contact NCC Counseling
(530) 274-5303

For specific questions, contact:
Heather Eubanks
(530) 274-5320
heubanks@sierracollege.edu

Nutrition and Fitness Trainer Certificate Program

Become a Nutrition and Fitness Specialist in just two semesters!

Build the foundation to become a Certified Personal Trainer.

www.sierracollege.edu
Let Sierra College and the American Council on Exercise (ACE) launch your new career in the Nutrition and Fitness industry!

• Do you want to feel good about making a positive difference in people’s lives?
• Do you want a career that allows you the flexibility to work at health clubs, hospitals, corporate wellness departments, and universities?
• Do you want a career that was recently named the No. 18 Best Job in America by CNN Money?

Then jump start your future as a Nutrition Specialist and ACE-Certified Personal Trainer!

Sierra College and the American Council on Exercise (ACE) are now educational partners!

Sierra College’s 21-unit certificate program includes the ACE Personal Training Preparation Course as part of its curriculum. This means that you will earn BOTH the Sierra College Nutrition and Fitness Trainer Certificate as well as prepare for the ACE Personal Trainer Certification Exam within as little as two semesters!

Sierra’s certificate program will provide an in depth foundation to this lucrative field and the ACE preparation course will give you the edge to pass the ACE exam the very first time!

Once you pass the ACE exam you will hold the ACE-Certified Personal Trainer title and be on your way to this growing and rewarding new career.

Some of the perks of the educational partnership:
• The ACE textbook, study materials, and exam will be offered at a discounted rate to students enrolled in Sierra’s certificate program and taking the ACE preparation course.
• Because the ACE has recently secured an agreement with 24-Hour Fitness, certificate completers will be guaranteed an interview at its 400 clubs nationwide.

To find out more about ACE: www.acefitness.org

Suggested sample schedule:

Semester One:
• Nutrition (Nut 10, 3 units)
• Food Preparation for Life Fitness (Nut 05, 3 units)  
  OR  
• Introduction to Marketing (Bus 120, 3 units)
• Physiology of Fitness (PE 083, 3 units)
• Basic Aerobic Training w/Equipment (PE 003A, 1.5 units)  
  OR  
• Advanced Aerobic Circuit Training (PE 003B, 1.5 units)

Semester Two:
• Nutrition for Physical Performance (Nut 14, 3 units, Prerequisite: Nut 10)
• ACE Personal Trainer Preparation (PE 032, 3 units)
• Techniques of Fitness Instruction (PE 085, 3 units)
• Weight Training (PE 005A, 1.5 units)  
  OR  
• Strength Training—Circuit and Power (PE 005B, 1.5 units)

After just two semesters, you’re ready to schedule your ACE exam!