

The **Online Professional Certificate in Women's Exercise Training and Wellness** is an interactive Web-based Certificate program designed to ensure the development of safe and effective exercise programs for women by personal trainers, allied health/medical and fitness professionals, and the general public. The program prepares graduating students for a career working with women of all ages at medically-based fitness facilities, YMCA/JCC's, community wellness programs, personal training studios, physical therapy clinics, health promotion sites, corporate sites, and private and commercial health clubs. Students will learn how to apply their client's health history, goals, and abilities integrating exercise science curriculum and practical training techniques into a systematic model that teaches students to progress their clients through various phases of a woman's life. In addition, female health and exercise enthusiasts of all ages seeking to stay current with information to design personalized exercise programs specific to a women's needs and concerns would benefit from this program as well.

The program is offered in partnership with the *Women's Health Foundation*, allowing graduating certificate students a preferred discount on the **Women's Health Foundation Total Control™** Certification Exam and study materials.

The Certificate Program is for:

- current allied health/medical and fitness professionals and personal trainers interested in developing safe and effective exercise programs for older adults
- current fitness managers and directors wishing to manage and market new programs to older adults
- education directors of multi-site facilities or chains training fitness professionals to work with older adults
- companies that require the certificate program as a professional development program for employees to achieve key business goals, career objectives, and skills to advance beyond entry-level positions and
- individual senior and older exercise enthusiasts interested in seeking to stay current in exercise program design, health, and wellness would benefit from this program as well.

**To locate a school in your area that offers the Older Adult program, go to <http://www.efslibrary.net/7.html>.**

**For program information contact:**

**Jasmine Jafferli, MPH, ACE-CPT**

Jasmine Jafferli, MPH, is the Program Coordinator and an instructor for the Professional Certificate in Women's Personal Exercise Training and Wellness. She has a diverse fitness background with over ten years of industry experience in campus recreation, corporate wellness, and the commercial health club setting. She has presented on a wide range of health and fitness topics for the community, at major corporations, and at

national and international conferences. She also advocates bringing the fitness and medical community together through wellness and preventative programming. Jasmine specializes in Women's Health and Wellness focusing on pre and postnatal fitness and is a *Master Trainer* for Healthy Moms® Fitness and Resist-a-ball®. If you have questions about the certificate program and courses, you may contact the Program Coordinator at [jasminepft@gmail.com](mailto:jasminepft@gmail.com)

Jasmine Jafferli, MPH, ACE-CPT

Program Coordinator

Professional Certificate in Women's Exercise Training and Wellness

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