

Workshop Faculty:

J. Larry Durstine, PhD, FACSM
ACSM HFS Workshop Coordinator
Clinical Exercise Program Director & Chairman
USC Dept of Exercise Science

Stephen Chen, MS
ACSM Health/Fitness Specialist
USC Dept of Exercise Science

Matt Kostek, PHD
ACSM Health/Fitness Specialist
USC Dept of Exercise Science

Ben Gordon, MS
ACSM Clinical Exercise Specialist
USC Dept of Exercise Science

Joyce Gossard, MS
ACSM Health/Fitness Specialist
USC School of Medicine

Kerry McIver, MS
ACSM Health/Fitness Specialist
USC Dept of Exercise Science

Jennifer O'Neill, MPH
ACSM Health/Fitness Specialist
USC Dept of Exercise Science

Judy Rasnake
ACSM Health/Fitness Specialist
Computer Science Corporation

David Shealy
ACSM Health/Fitness Specialist
Body Tech, LLC

Pam Shealy, MEd, MS
ACSM Health/Fitness Specialist
Body Tech, LLC

For Additional Information:

ACSM Web Site: www.acsm.org/certification

ACSM phone: (317) 637-9200

USC Web Site: www.sph.sc.edu/exsc/hfs

USC contact: **Matt Kostek**

Phone: (803) 777-3331

E-mail: crowleep@mailbox.sc.edu

Department of Exercise Science
University of South Carolina
1300 Wheat St.
Columbia, SC 29208
(803) 777-5267

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**AMERICAN COLLEGE
of SPORTS MEDICINE®**

27th Annual ACSM Health/ Fitness Specialist Workshop

**2-Day HFS Workshop
Thursday and Friday, June 16th & 17th**

**1 Day CEC Workshop:
Weight Management
for the Fitness Professional
Saturday, June 18th**

Sponsored by:
**AMERICAN COLLEGE
of SPORTS MEDICINE**
University of South Carolina
Arnold School of Public Health
Department of Exercise Science



ACSM Health/Fitness Specialist (HFS) 2-day Workshop:

The HFS Workshop provides structured experiences in the classroom and laboratory to improve your knowledge and understanding of exercise physiology, exercise leadership, risk factor identification, graded exercise testing, exercise prescription, and health education, as outlined in *ACSM's Guidelines for Exercise Testing and Prescription* (8th ed). The workshop is designed for:

- ◆ Exercise Physiologists
- ◆ Personal Trainers
- ◆ Health Promotion Specialists
- ◆ Fitness Directors and Instructors
- ◆ Physical Educators
- ◆ Nurses
- ◆ Physical and Occupational Therapists
- ◆ Dieticians

Workshop Registration:

Register for the HFS Two-Day and 1-Day CEC Workshops online at www.acsm.org/register

All course registration fees are paid directly to ACSM.

\$25 discount for early registration
(by 05/03/2011)

\$25 fee for late registration
(after 06/11/2011)

ACSM Health/Fitness Specialist (HFS) 2-day Workshop:



Workshop Fees:

Two-Day HFS Workshop	\$250.00
<i>Special discount for ACSM Certified Professionals</i>	\$195.00*
HFS & Weight Management Workshop	\$334.00*
Weight Management 1-Day Workshop	\$140.00*
HFS Exam & HFS Workshop Combo	
<i>non-ACSM member (\$30 savings!)</i>	\$499.00
<i>ACSM member (\$80 savings!)</i>	\$439.00

*ACSM CEC fees are now included in the cost.

ACSM Health/Fitness Certification:

The ACSM certification is recognized as the gold standard of excellence for professionals in the health/fitness field. The ACSM HFS Certification is granted to candidates who successfully complete the computer administered examination.

For your convenience, the workshop and examination are administered separately. For a testing site near you, see www.pearsonvue.com/acsm

ACSM Continuing Education:

The 1-day workshops are designed specifically for the ACSM certified

professional and are excellent ways to acquire CECs and stay up-to-date on health- and fitness-related topics. The 1-day workshops are not intended to prepare participants for the HFS exam.

HFS 2-day workshop 16 CECs
Weight Management
1-day workshop 7 CECs

ACSM 1-day CEC Workshop: Weight Management for the Fitness Professional

At this comprehensive one-day continuing education course, attendees will learn how to work effectively with

clients on their weight-loss goals. Also covered will be strategies and techniques that can be applied immediately with clients to help them achieve their desired results. Attendees will obtain the most up-to-date nutrition knowledge that every fitness professional wants to know, including the latest on fad diets and nutritional supplements.

Workshop Setting:

The University of South Carolina is located in the heart of downtown Columbia, SC, near the South Carolina State House. At the intersection of the Saluda and Broad Rivers, Columbia provides ample outdoor and riverfront

recreational areas.

The HFS workshop lectures and practicums will take place in the new Public Health Research Center, located at the intersection of College and Assembly Streets. This state-of-the-art building, which opened in fall 2006, houses the Arnold School's Department of Exercise Science laboratories and lecture halls.

Lodging Information:

Here is a sample of lodging options, though many other hotels are available. Please contact the Workshop Director for a detailed list of options. When contacting hotels, ask for the "ACSM Workshop" rate.

Be sure to register early to ensure room availability!

Courtyard by Marriott at USC
630 Assembly St.....(803) 799-7800

The Inn at USC
1619 Pendleton St.....(803) 779-7779

Hampton Inn Downtown District
822 Gervais St.....(803) 231-2000

Marriott SpringHill Suites Downtown Vista
511 Lady St.....(803) 978-2333

Staybridge Suites Columbia
1913 Huger Street(803) 451-5900