



Blue Heron Academy
of Healing Arts & Sciences



Personal Trainer Sports Science

Personal Training

The personal training program includes both a weekly lecture component as well as hands-on training held at an approved local athletic club.

The personal trainer program educates students on anatomy, physiology, kinesiology, client evaluation and assessment, fitness equipment and machine use as well as client program design.

The personal trainer program prepares students to work as certified personal trainers in Health Clubs, Fitness Centers, Medical Spas, Corporations and Private Practice.



Sports Science

This program builds on the personal training foundation with additional training in weight management and body movement therapies. Weight management provides students with skills specific to the assessment and management of weight problems and identifies behaviors and attitudes that contribute to optimal physical and psychological health and well being.

Body movement therapy investigates sports injuries and related pathologies and provides training in both eastern and western systems of body movement and corrective exercise, including Tai Chi Chuan, Swedish Calisthenics, Yoga, Chi Kung, Eastern Martial Arts and many other methods of body movement and exercise.

Students are prepared to work as a certified Sports Science Trainer in a few months "in a variety of sports and fitness related arenas."

What You Get!

The Blue Heron Academy is the first vocational training school in Michigan to receive state approval and licensure for a residential personal training/sports science training program.

The Blue Heron Academy has been training students in fitness and exercise related activities for over 30 years.

When you successfully graduate from the Academy personal training program you receive a personal training, nutrition and diet and weight management diploma, a free one year membership in the National Association for Therapeutic Exercise, and you sit for the personal training, fitness consultant, and exercise specialist national board certification exam of the National Board Certification Agency.



Education Programs

Personal Trainer
Sports Science
Holistic Health Practitioner
Medical Massage
Medical Manual Therapy
Clinical Acupressure
Practical Acupuncture
Medical Spa Technician
Paramedical Skin Care Specialist
Dermatology Medical Assistant

Tuition Funding

The Blue Heron Academy has several tuition payment options including Sallie Mae loans and affordable payment plans. Please contact our career advisor for more information regarding enrollment and payment plans.

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