

## 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  
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**Ben Gordon, MS**  
ACSM Clinical Exercise Specialist  
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**Joyce Gossard, MS**  
ACSM Health/Fitness Specialist  
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**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](http://www.acsm.org/certification)

ACSM phone: (317) 637-9200

USC Web Site: [www.sph.sc.edu/exsc/hfs](http://www.sph.sc.edu/exsc/hfs)

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**AMERICAN COLLEGE  
of SPORTS MEDICINE®**

# 27<sup>th</sup> Annual ACSM Health/ Fitness Specialist Workshop

**2-Day HFS Workshop  
Thursday and Friday, June 16<sup>th</sup> & 17<sup>th</sup>**

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

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](http://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](http://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