



COMMONWEALTH of VIRGINIA
Department of Education

May 20, 2016

TO: Division Superintendents

FROM: Steven R. Staples, Superintendent of Public Instruction

SUBJECT: National Academy of Sports Medicine Certified Personal Trainer Curriculum

The Virginia Department of Education (VDOE), in collaboration with the National Academy of Sports Medicine (NASM), is pleased to offer the *Certified Personal Trainer* (CPT) Curriculum Workshop as follows:

July 10, 2016 Health and Physical Activity Institute
James Madison University
Online [registration](#) required (no cost with Institute registration)
[Download Registration Form and Information \(PDF\)](#)

July 25, 2016 Health and Medical Sciences Pre-Conference Course Workshop
[Virginia Beach Resort and Conference Center](#)
Online [registration](#) required (no registration fee)
Participants are responsible for all meals, travel-related expenses, and lodging, if needed.
This is an allowable expenditure of federal Perkins funds if included in the approved local career and technical education plan.

All participants must complete the attached [letter of intent](#) form to be placed in the teacher portal and return it to Zachary Turvey by e-mail at zachary.turvey@nasm.org prior to the workshops

These professional developments are targeted for the following secondary education instructors:

Health and Medical Sciences instructors who teach the following courses:

- Physical /Occupational Therapy (course codes 8365 and 8366)
- Sports Medicine I and II (course codes 7660 and 7662)

Health and Physical Education teachers who teach the following courses:

- Advanced Physical Education (course codes 7640 and 7650)
- Sports Medicine/Athletic Training I and II (course codes 7660 and 7662)

The CPT workshop will:

- Increase understanding of NASM standards and CPT course
- Provide instructional strategies to enhance knowledge and skills

- Provide an orientation to the Learning Management System and Moodle platforms

Upon successful completion of the workshop, participants will have an opportunity to earn the CPT credential at no cost. Instructors will then be granted full access to the NASM's Learning Management System and Moodle platforms for student instruction. Contact Career and Technical Education administrator to assist with processing student applications for the NASM-CPT examination.

If you have questions about the Health and Medical Sciences Pre-Conference Course Workshop, please contact Michele R. Green-Wright, specialist for health and medical sciences and related clusters, Office of Career and Technical Education, at cte@doe.virginia.gov or by telephone at (804) 225-3119.

If you have questions about the Health and Physical Activity Institute, please contact Vanessa Wigand, health, physical education, and driver education specialist, at Vanessa.Wigand@doe.virginia.gov or by telephone at (804) 225-3300.

SRS/LBH/aab

Attachments:

- A. [Introduction to NASM's Certified Personal Trainer Instructor's Course](#) (PDF)
- B. [Letter of Intent](#) (PDF)