Congratulations,
Tammy Riggin and
Fitness Trainer Technician Program
at Lake Region State!

The Fitness Trainer Technician program at LRSC received a Royal Social grant in the amount of $5,000 through the Community College Foundation. Periodically, funds earned by the Royal Social program are awarded to worthy projects that build or expand opportunities for students at the college. Royal Social grants have also been awarded to the music department and the volleyball program. Altogether, $15,000 have been distributed through the Royal Social initiative*.

Funds from this award will help the program purchase needed lab learning equipment for students in the program. The Fitness Trainer Technician (FTT) provides the training required to work as a personal trainer. Employment is increasing in this area to meet the growing health care needs of our population. Graduates of the program are prepared to enter the workforce and play roles in promoting healthy living as advocates for proper nutrition and increased physical activity. Courses include both theory and practical application and are designed to provide the skills, knowledge, and abilities necessary for successful employment as a personal trainer. Graduates are prepared to take the American College of Sports Medicine certification exam.

Later this month, Lake Region State College will learn if its Fitness Trainer Technician Program will become the first community college program to be accredited by the ACSM.

* Contact the Foundation Office for more information. LRSC.Foundation@lrsc.edu or (701) 662-1520.