

Personal Trainer

Mark Wisdom

EDUCATION/CERTIFICATIONS

Bachelor of Science in Psychology – 1984 ASU
Bachelor of Science in Exercise Science – 1990 ASU
Master of Education in Physical Education with an emphasis
on Sport Psychology and Exercise – 1992 SIU
Master of Arts in Religion with an emphasis on Counseling – 2000
Liberty University
C.S.C.S. – 1991
Certified Medical Exercise Specialist
Cooper Institute Certified Health Promotion Director
Cooper Institute Certified in Exercise for Older Adults
United States Weightlifting, Federal Club Coach - 1990
Certified Professional Senior Instructor
Silver Sneakers
MSROM
Cardio Circuit
Testing
CPR

SPECIALTY TRAINING

Exercise with Seniors
Medical Exercise

