

Nick - College Student

Nick has a love for sports. He has a personal trainer who comes to his home to teach him exercises that work out different muscle groups to help him prepare for his participation in the upcoming Special Olympics. In addition, he spends his leisure time rooting for his favorite pro sports teams and teaching the fundamentals of basketball to young children at his local Parks & Recreation Program.

After high school, Nick attended the DREAM program at Mercer County Community College for a few years and then transitioned to The Achievement Center (TAC) at Raritan Valley Community College (RVCC). Nick selected RVCC because he wanted to enroll in their 8-class



Fitness Specialist Certificate of Completion Program which includes classes about weight training, aerobic conditioning, and provides practical working experience working in area fitness facilities. At the end of this 19 credit program, students are prepared to take the personal trainer certification exam.

The Achievement Center (TAC) at Raritan Valley Community College supports Nick's goal by offering specialized classes that assist him with developing his career plan and that teach him strategies to meet the demands of college level assignments. TAC matched Nick with a peer mentor who he meets with bi-weekly and helps him get his work done by teaching him time management skills and thought organization.

This semester Nick is taking a fitness class and one of his assignments is to design a program for muscular endurance. With the help of his peer mentor Ellen, he is creating a program that includes jumping jacks, crunches, burpees, and much more. He is eager to demonstrate the skills and knowledge he has learned in his classes which will help him achieve his goal of becoming a certified personal trainer and also Special Olympics coach.

The Achievement Center at Raritan Valley Community College provides students with intellectual and developmental disabilities the opportunity to participate in a fully inclusive college experience. This transitional post-secondary program is a collaboration between The Arc of Somerset County, Raritan Valley Community College, and The Arc of Hunterdon County.