

# Personal Training Certificate

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Students that pursue a Personal Training Certificate will be prepared for initial client consultation, assessment, exercise programming and implementation. Throughout the program, students will be provided with opportunities to learn to monitor exercise techniques and response to exercise, including modifications as necessary. This certificate prepares students to gain expertise in exercise leadership and client education, as well as preparing students to adhere to legal and professional responsibilities. Students will be provided a pathway to continue their education in related fields such as Exercise Physiology or Kinesiology if further education is desired.

(Major Code 3300; State CIP Code 31.0507)

## Suggested Order of Courses

The sequence taken by the student may vary depending on prerequisites, course availability, and personal/ professional responsibilities.

### First Semester

BIOL 144	Human Anatomy and Physiology*	5
ENGL 121	Composition I*	3
HPER 186	Fitness Assessment	2
HPER 192	Wellness for Life	1
HPER 215	Introduction to Exercise Science	3
Program Electives ^		1
<b>Total Hours</b>		<b>15</b>

### Second Semester

HPER 200	First Aid and CPR	2
HPER 202	Personal Community Health	3
HPER 209	Introduction to Kinesiology*	3
HPER 211	Foundation of Fitness Training	3
Program Electives ^		3
<b>Total Hours</b>		<b>14</b>

### Total Program Hours: 29

### Program Electives

DIET 151	Nutrition and Meal Planning	3
HPER 100	Basketball (Beginning)	1
HPER 101	Basketball (Intermediate)*	1
HPER 104	Yoga	1
HPER 106	Lifetime Sport:	1
HPER 117	Power Volleyball (Beginning)	1
HPER 118	Power Volleyball (Intermediate)*	1
HPER 124	Tai Chi I	1
HPER 130	Running Awareness and Exercise	1
HPER 134	Weight Training (Beginning)	1
HPER 135	Weight Training (Intermediate)*	1
HPER 139	Pickleball	1
HPER 140	Modern Dance (Beginning)	1
HPER 155	Ballet (Beginning)	1
HPER 158	Jazz Dance (Beginning)	1
HPER 175	Fencing	1
HPER 176	Self Defense I	1
HPER 195	Introduction to Sports Medicine	3
HPER 250	Introduction to Sports Management	3
HPER 251	Sport and Society	3
HPER 255	Introduction to Physical Education	3