

## 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; CIP Code 31.0507)

Personal Training Program web page (<https://www.jccc.edu/academics/credit/hper/personal-training-certificate.html>)

### Program Learning Outcomes

Johnson County Community College (JCCC) is committed to offering high-quality affordable programs that focus on developing knowledge and skills conducive to life-long learning. Both the General Education Student Learning Outcomes (<https://www.jccc.edu/about/leadership-governance/administration/institutional-effectiveness-branch/outcomes-assessment/learning-outcomes.html>) and Institutional Learning Outcomes (<https://www.jccc.edu/about/leadership-governance/administration/institutional-effectiveness-branch/outcomes-assessment/institutional-learning-outcomes.html>) convey JCCC's approach to programmatic outcomes. Additionally, students who successfully complete the Personal Training Certificate from JCCC will be able to:

- Conduct comprehensive client consultations, assess health and fitness levels, and determine appropriate risk stratification to design safe and effective exercise programs.
- Develop and implement personalized exercise programs based on client goals, fitness assessments, and evidence-based training principles while ensuring proper progression and adherence.
- Demonstrate effective exercise instruction, communication, and motivation strategies to enhance client learning, performance, and long-term behavior change.
- Analyze and apply ethical, legal, and business principles related to personal training, including liability management, professional conduct, and client retention strategies.

### Certificate Requirements

#### Suggested Order of Courses

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

#### First Semester

Code	Title	Hours
BIOL 144	Human Anatomy and Physiology* (SGE 040) (SGE 070)	5
ENGL 121 or ENGL 119	Composition I* (SGE 010) College Composition I with Review*	3
HPER 186	Fitness Assessment	2
HPER 192	Wellness for Life	1
HPER 215	Introduction to Exercise Science	3
Program Elective (see below)		1
<b>Total Hours</b>		<b>15</b>

#### Second Semester

Code	Title	Hours
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 Elective (see below)	3
<b>Total Hours</b>	<b>14</b>

**Total Program Hours: 29**

## Program Electives

Code	Title	Hours
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 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

\* This course has registration requirements.

## Kansas Systemwide General Education (SGE) Key

- English SGE <sup>010</sup>
- Communications SGE <sup>020</sup>
- Mathematics and Statistics SGE <sup>030</sup>
- Natural and Physical Sciences SGE <sup>040</sup>
- Social and Behavioral Sciences SGE <sup>050</sup>
- Arts and Humanities SGE <sup>060</sup>
- Cavalier Credits SGE <sup>070</sup>