

PERSONAL TRAINER: ADVANCED, CERTIFICATE OF COMPLETION



HEALTH SCIENCES

Program Requirements

Program Prerequisites: None

Code	Title	Credits	Semester
Required Courses			
Select one of the following:		0-0.5	
EMT101	Basic Life Support/ Cardiopulmonary Resuscitation (CPR) for Health Care Providers		
HES106	Current CPR/AED certification		
EXS101	Introduction to Exercise Science	3	
EXS125	Introduction to Exercise Physiology	3	
EXS146	Introduction to Exercise Testing	1	
EXS215	Resistance Training and Recovery Techniques	3	
EXS217	Cardiorespiratory and Flexibility Training	3	
EXS246	Advanced Exercise Testing	2	
EXS255	Program Design: Muscular Fitness and Performance	3	
EXS257	Program Design: Cardiorespiratory Fitness	3	
Student must complete three (3) credits from the following EXS internship course options:		3	
Option 1			
Select one of the following:			
EXS270	Exercise Science Internship		

EXS270AA & EXS270AB	Exercise Science Internship and Exercise Science Internship	
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Option 2

Select one of the following:

EXS275	Sport Science Internship	
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EXS275AA & EXS275AB	Sport Science Internship and Sport Science Internship	
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Option 3

EXS270AA & EXS275AB	Exercise Science Internship and Sport Science Internship	
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Option 4

EXS270AB & EXS275AA	Exercise Science Internship and Sport Science Internship	
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FON100	Introductory Nutrition	3
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or FON241 Principles of Human Nutrition

PED101ST	Strength Training	1
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Select one of the following:

PED101BC	Boot Camp	
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PED101BS	Body Sculpting	
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PED101CY	Cycling - Indoor	
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PED101GF	Group Fitness/ Aerobics	
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PED101KB	Kickboxing	
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PED101LD	Latin Dancing	
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PED101PC	Physical Conditioning	
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PED101PS	Pilates	
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PED101SR	Stretch and Relaxation	
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PED101TC	Tai Chi	
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PED101TX	Suspension Training	
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PED101YG	Gentle Yoga	
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PED101YH	Hatha Yoga	
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PED101YO	Yoga	
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PED101YP	Power Yoga	
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PED101YR	Restorative Yoga	
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PED101ZU	Zumba Fitness	
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Restricted Electives

Complete one (1) credit from one of the following course options not already selected in the Required Courses area. Choose a course that best aligns with your academic and professional goals. Consult with an academic, faculty, or program advisor as needed.	1	_____
EXS+++++ Any EXS Exercise Science course		_____
FON+++++ Any FON Food and Nutrition course		_____
HES+++++ Any HES Health Science course		_____
PED+++++ Any PED Physical Education course		_____
IFS110 Critical Research for College Success		_____
Total Credits	30-30.5	_____