

PERSONAL TRAINER, CERTIFICATE OF COMPLETION



HEALTH SCIENCES

Program Requirements

Program Prerequisites: None

Code	Title	Credits	Semester
Required Courses			
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	_____
FON100	Introductory Nutrition	3	_____
or FON241	Principles of Human Nutrition		_____
PED101ST	Strength Training	1	_____
Select one of the following:		0-0.5	_____
EMT101	Basic Life Support/ Cardiopulmonary Resuscitation (CPR) for Health Care Providers		_____
HES106	Current CPR/AED certification		_____
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	18-18.5