

# PERSONAL TRAINING: ADVANCED, CERTIFICATE OF COMPLETION



## HEALTH SCIENCES

**Certificate of Completion: CCL 5445**

**30-30.5 Credits**

**Program Contact**

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### Program Description

The Certificate of Completion (CCL) in Personal Training: Advanced is designed to prepare students for the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM), and the American Council on Exercise (ACE) personal trainer certifications. These certifications are generally required for employment in personal training positions and/or professional advancement within the fitness industry. The curriculum is designed to prepare students for employment in positions such as personal training within health and fitness clubs, wellness centers, and public and private recreation facilities. The curriculum includes the foundational courses required for the CCL in Personal Training coupled with advanced hands-on courses that foster the development of critical thinking and leadership skills important for developing, implementing and leading exercise programs. An Associate in Applied Science (AAS) in Exercise Science: Health, Fitness, and Sports Performance and an Associate in Arts (AA), Emphasis in Exercise Science are also available for students interested in continuing their studies in this field.

### Program Notes

Students must earn a grade of "C" or better for all courses required within the program. Overall program minimum GPA = 2.00.

++ indicates any suffixed course may be selected.

### Program Requirements

**Program Prerequisites: None**

Code	Title	Credits	Semester
<b>Required Courses</b>			
Select one of the following:		0-0.5	_____
EMT101	Basic Life Support/ Cardiopulmonary Resuscitation (CPR) for Health Care Providers		_____

WED106	Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)		_____
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	_____
<b>Option 1</b>			
Select one of the following:			
EXS270	Exercise Science Internship		_____
EXS270AA & EXS270AB	Exercise Science Internship and Exercise Science Internship		_____
<b>Option 2</b>			
Select one of the following:			
EXS275	Sport Science Internship		_____
EXS275AA & EXS275AB	Sport Science Internship and Sport Science Internship		_____
<b>Option 3</b>			
EXS270AA & EXS275AB	Exercise Science Internship and Sport Science Internship		_____
<b>Option 4</b>			

EXS270AB & EXS275AA	Exercise Science Internship and Sport Science Internship		_____
FON100	Introductory Nutrition	3	_____
or FON241	Principles of Human Nutrition		_____
PED101ST	Strength Training	1	_____
or PED101RT	Resistance Training for Improved Sports Performance		_____
Select one of the following:		1	_____
PED101BC	Boot Camp		_____
PED101BS	Body Sculpting		_____
PED101CY	Cycling - Indoor		_____
PED101GF	Group Fitness/ Aerobics		_____
PED101KB	Kickboxing		_____
PED101LD	Latin Dancing		_____
PED101PC	Physical Conditioning		_____
PED101PS	Pilates		_____
PED101SR	Stretch and Relaxation		_____
PED101TC	Tai Chi		_____
PED101TX	Suspension Training		_____
PED101YG	Gentle Yoga		_____
PED101YH	Hatha Yoga		_____
PED101YO	Yoga		_____
PED101YP	Power Yoga		_____
PED101YR	Restorative Yoga		_____
PED101ZU	Zumba Fitness		_____
<b>Restricted Electives</b>			
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			_____
<b>Total Credits</b>		<b>30-30.5</b>	_____