

# PERSONAL TRAINING: ADVANCED, CERTIFICATE OF COMPLETION



## HEALTH SCIENCES

### 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	
Option 1			
Select one of the following:			

EXS270	Exercise Science Internship		
EXS270AA & EXS270AB	Exercise Science Internship and Exercise Science Internship		
Option 2			
Select one of the following:			
EXS275	Sport Science Internship		
EXS275AA & EXS275AB	Sport Science Internship and Sport Science Internship		
Option 3			
EXS270AA & EXS275AB	Exercise Science Internship and Sport Science Internship		
Option 4			
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		

**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		
<b>Total Credits</b>	<b>30-30.5</b>	