

PERSONAL TRAINING, CERTIFICATE OF COMPLETION



HEALTH SCIENCES

Certificate of Completion: CCL 5421

18-18.5 Credits

Program Contact

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Program Description

The Certificate of Completion (CCL) in Personal Training 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 provides students with the foundational skills needed to design and implement fitness programs appropriate to clients' goals and aligned with current industry best practices. A CCL in Personal Training: Advanced, 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
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			
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	
or PED101RT	Resistance Training for Improved Sports Performance		
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	