

PERSONAL TRAINING, CERTIFICATE OF COMPLETION



HEALTH SCIENCES

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