

CERTIFICATE (196)

Exercise Science and Personal Training

Purpose: This curriculum is designed for the student interested in exercise science and/or the fitness industry.

Program Objectives: Upon completion of the certificate, students wishing to become Certified Personal Trainers may sit for the national certification exam through the American College of Exercise (ACE).

Employment opportunities include positions in commercial fitness clubs, city and county recreation programs, private sector businesses providing on-site fitness, privately-owned personal training businesses, or advancing employment opportunities. Individuals are also prepared to work independently as personal trainers.

Admission Requirements: Applicants must meet the requirements for admission to credit-level coursework established by the college.

Developmental Requirements: Students who do not place into college-level English on the placement test will be required to take developmental courses.

Students who do not demonstrate proficiency on the placement test in the following mathematical units will be required to complete developmental courses: MTE 1 and 2.

It is strongly recommended that developmental education requirements be completed as soon as possible.

Program Notes: The curriculum can be completed in three semesters or with planning in two semesters and a summer.

CURRICULUM AND OTHER REQUIREMENTS

GENERAL EDUCATION CORE COURSES		CREDITS
CST 100	Principles of Public Speaking	3
ENG 111*	College Composition I	3
ITE 115	Intro to Computer Applications and Concepts	3
EXERCISE SCIENCE AND RELATED COURSES		
HIM 249*	Supervision & Management Practices	3
HLT 100 ¹	First Aid, CPR, AED	3
HLT 116	Introduction to Personal Wellness	2
HLT 125 ²	Anatomy and Physiology for Exercise Science	3
HLT 138	Principles of Nutrition	2
HLT 206 ^{2*}	Exercise Science	3
HLT 208*	Fitness & Exercise Training (ACE Prep)	3
HLT 217	Exercise and Nutrition for Behavioral Change	3
HLT 240	Consumer Health	3
HLT 290 ^{3*}	Coordinated Internship	3
PED 105	Aerobic Dance I (or PED 106)	1
PED 107	Exercise and Nutrition	2
PED 109	Yoga	1
PED 111	Weight Training	1
Total Minimum Credits for Certificate		42

¹ HLT 105 and HLT 106 may be substituted for HLT 100.

² It is recommended that students take HLT 125 prior to taking HLT 206.

³ Internship hours will not exceed 15 hours per week.

* This course has a requisite. Requisites for all courses are listed in the course description section at the back of the catalog.

SUGGESTED SCHEDULE

FIRST YEAR	SPRING
FALL	HIM 249
ENG 111	HLT 100
HLT 116	HLT 138
HLT 125	HLT 206
HLT 217	ITE 115
PED 105	PED 111
PED 107	
PED 109	