

Exercise Science and Personal Training

Certificate (XXX)

Purpose

This certificate is designed for the student interested in exercise science and/or the fitness industry. Students completing the certificate may wish to transfer to four year institutions in areas such as athletic training, exercise science, physical education, wellness promotion, or health sciences. Completion of the certificate will provide the foundation for increased employment opportunities, fitness promotion, personal training, or for continue studies working toward a four year degree. 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).

Occupational objectives

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 a Personal Trainer.

Admissions Requirements

Applicants must meet the general requirements for admission to the College. Developmental courses **are** required for students with deficiencies in English and **may be** required for students with deficiencies in mathematics. Students who do not place into college level English on the placement test will be required to take developmental courses (i.e., ENG 01, ENG 03, ENG 04, ENG 07) Interested students should have good communication skills and enjoy working with diverse populations of all ages.

Program requirements

The curriculum can be completed in three semesters or with planning in two semesters and a summer. Several of the courses are offered online to allow for flexibility. Students are encouraged, but not required, to sit for the national certification exam.

Curriculum and other Requirements

Credits

BIO 100	Basic Human Biology	3
ENG 111*	College Composition I	3
HIM 249	Supervision and Management Practices	3
HLT 100 ¹	First Aid, CPR, AED	3
HLT 116	Intro to Personal Wellness	2
HLT 206 ²	Exercise Science	3
HLT 208	Fitness and Exercise Training (ACE Prep)	3
HLT 240	Consumer Health	3
HLT 290 ³	Coordinated Internship	3
ITE 115	Introductions to Computer Applications and Concepts	3
PED 105	Aerobic Dance I	1
PED 106	Aerobic Dance II	1
PED 107	Exercise and Nutrition	2
PED 109	Yoga	1
PED 111	Weight Training	1
PSY 220	Introduction to Behavior Modification	3
SPD 100	Principles of Public Speaking	3
E ⁴	PED elective	

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 BIO 100 prior to taking HLT 206

³ Internship hours will not exceed 15 hours per week

⁴ Either a 1 or 2 credit PED course may be taken

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

Suggested Course Sequence

Fall

BIO 100
ENG 111
HLT 116
PED 105
PED 107
PED 109
PSY 220

Spring

HIM 249
HLT 100
HLT 206
ITE 115
PED 106
PED 111

Fall

HLT 208
HLT 240
HLT 290
SPD 100
PED Elective