**Personal Training Specialist**

**Major:** 5445  
**Total Credits:** 30-37

**Description:** The Certificate of Completion (CCL) in Personal Training Specialist program is designed to help prepare students for employment in the fitness industry as a Personal Trainer. This curriculum provides students with a fundamental knowledge of human physiology and anatomy, introduction into career options in the field of Exercise Science, Kinesiology and Physical Education/Coaching, emergency response readiness, health appraisals and assessments; application of exercise fitness principles and strength and cardiorespiratory training techniques; a fundamental knowledge of nutrition, exercise physiology, and biomechanics; skills in exercise testing and fitness measures as well as writing exercise prescriptions and program designs for diverse populations.

**Program Notes:**
+ indicates course has prerequisites and/or corequisites.  
++ indicates any module/suffixed courses.  
Students must earn a grade of "C" or better in all courses within the program.

**Admission Criteria:** None

### Program Prerequisites

| None | Credits: 0 |

### Required Courses

| BIO160 Introduction to Human Anatomy and Physiology (4) OR | Credits: 26-31 |
| BIO156 Introductory Biology for Allied Health (4) OR |
| BIO181 General Biology (Majors) | (4) 4 |

| EXS101 Introduction to Exercise Science, Kinesiology and Physical Education | 3 |
| EXS112 Professional Applications of Fitness Principles | 3 |
| EXS125 Introduction to Exercise Physiology | 3 |
| EXS130 Strength Fitness: Physiological Principles and Training Techniques | 3 |
| EXS132 Cardiovascular Fitness: Physiological Principles and Training Techniques | 3 |
| EXS145 Guidelines for Exercise Testing and Prescription | 3 |

| FON100 Introductory Nutrition (3) OR |
| FON105 Nutrition Principles for Fitness Professionals (3) OR |
| FON241 Principles of Human Nutrition (3) | 3 |
HES154 First Aid/Cardiopulmonary Resuscitation (3) OR
proof of First Aid and CPR Certification 0-3

+EXS239 Practical Applications of Personal Training Skills and Techniques
Internship (3) OR
+EXS239AA Practical Applications of Personal Training Skills and Techniques
Internship (1) OR
+EXS239AB Practical Applications of Personal Training Skills and Techniques
Internship (2) 1-3

**Restricted Electives**

Choose a total of 4-6 credits from EXS, FON, HES, SPM, and/or WED courses except courses used to satisfy Required Courses area.

EXS+++++ Any EXS Exercise Science courses
FON+++++ Any FON Food and Nutrition courses
HES+++++ Any HES Health Science courses
SPM+++++ Any SPM Sports Management courses
WED+++++ Any WED Wellness Education courses

**Program Competencies**

1. Identify the disciplines, professional careers, accredited certification and research organizations affiliated with the fields of Exercise Science, Kinesiology and Physical Education. (EXS101)
2. Describe the underlying structure and dynamics of the human body. (BIO156, BIO160, BIO181)
3. Create a complete exercise program that integrates all principles and components of fitness. (EXS112)
4. Categorize elements of anatomy, kinesiology, and exercise physiology as applied to teaching fitness. (EXS125)
5. Recommend training and design exercise program according to principles of strength training. (EXS130)
6. Describe the physiological mechanisms underlying improvement in aerobic capacity. (EXS132)
7. Conduct health appraisal and risk assessment to assure safety of exercise, exercise testing and exercise prescription. (EXS145)
8. Apply current nutrition guidelines to exercise, sports, vegetarian diets, and selected stages of the life cycle. (FON100, FON105, FON241)
9. Assess patient/victim following appropriate steps and demonstrating standard/personal safety techniques including cardiopulmonary resuscitation, opening airway obstructions and the use of an Autonomic External Defibrillator (AED). (HES154)
10. Guide clients in determining their individual fitness goals to ensure that they are safe and effective in maintaining or increasing fitness status. (EXS239, EXS239AA, EXS239AB)

Last Updated: December 10, 2013
All information published is subject to change without notice. Every effort has been made to ensure the accuracy of information presented, but based on the dynamic nature of the curricular process, course and program information is subject to change in order to reflect the most current information available.