

Fall/Spring 2023-2024



NASM CERTIFIED PERSONAL TRAINER PROGRAM

CPT Certification

EARN an industry leading Personal Training Certification from the National Academy of Sports Medicine (NASM)

Comprehensive Certification Exam Preparation

Gain comprehensive knowledge of human movement science, functional assessment and program design to help prepare you to pass the NASM-CPT exam and become a successful fitness professional.

Live, Hands-On Education

Learn personal fitness training in a live, hands-on setting — interacting with instructors and fellow students to get the best possible learning environment for career success.

Real World Experience

Receive best-in-class personal fitness training education by working in a gym setting to begin your personal training career with confidence.

Fall 2023 Course Schedule/ CCL Personal Training, NASM-CPT Program

Course	Credits	Section #	Location	Dates	Days	Times
EXS101 Introduction to Ex Science	3	11747	CYT2310	8/22/23 - 10/13/23	T/TH	10:00 AM - 11:15 AM
EXS125 Introduction to Ex Physiology	3	11743	CYT2310	8/21/23 - 10/13/23	M/W	10:00 AM – 11:15 AM
EXS215 Resistance Training and Recovery Techniques	3	11766	CYT2310	10/17/23 - 12/08/23	T/TH	10:00 AM – 11:40 AM
PED101ST Strength Training	1	11744	CYT2310	8/21/23 - 10/13/23	M/W	11:30 AM - 12:20 PM
EXS146 Intro to Exercise Testing	1	12896	CYT2310	8/22/23 - 10/13/23	T/TH	11:30 AM - 12:45 PM
EXS217 Cardiorespiratory and Flexibility Training	3	12876	CYT2310	10/16/23 - 12/08/23	M/W	10:00 AM – 11:40 AM
EXS280AB Special Topics: NASM Exam Prep	1	11758	CYT2310	*8/21/23 - 12/15/23	M	1:00 PM – 1:50 PM
FON100 or FON241 Choice of Nutrition Course	3	Choice	Online	10/17/23 - 12/09/23	Online	Online

- Students should enroll in ALL of the courses listed above to be prepared to take the NASM CPT at the end of the fall semester.
- Students must have CPR Certification prior to taking the NASM CPT. CPR can be taken independently from CGCC.
- EXS280AB has a \$593 course fee which includes: NASM CPT Hardcopy Textbook, One-Year access to NASM's Digital Learning Platform, Digital Exercise Demonstration Library, Handouts, Practice Exam, Quizzes, Voucher to take CPT Exam, Certification Exam Retest. Similar Guided CPT Package on NASM website retails at \$1599.
- EXS280AB has an initial meeting on 8/21 in CYT2310 from 1:00-2:00PM for an overview.
- Students who would like to start sooner can may enroll in EXS101 or FON100/FON241 in the Summer 2024 semester.

Spring 2024 Course Schedule/ CCL Personal Training: Advanced, NASM-CPT Program

Course	Credits	Section #	Location	Dates	Days	Times
EXS246 Advanced Exercise Testing	2	TBD	CYT2310	TBD	TBD	TBD
EXS255 Program Design: Muscular Fitness and Performance	3	TBD	CYT2310	1/17/24 - 3/6/24	M/W	10:00 AM – 11:40 AM
EXS257 Program Design: Cardiorespiratory Fitness	3	TBD	CYT2310	3/18/24 - 5/08/24	M/W	10:00 AM – 11:40 AM
EXS270 Exercise Science Internship	3	TBD	Independent	1/16/24 - 3/08/24	IND	240 Hours
PED101XX Group Fitness Choice	1	TBD	Choice	1/16/24 - 3/08/24	Choice	Choice

- Students will complete a 240-hour internship to gain work experience.
- Students will be prepared to take the AFAA Group Fitness Instructor Certification at the end of the spring semester.
- All classes in the CCL will go directly towards the AAS In Exercise Science, Health, Fitness, and Sports Performance degree.
- EXS101, EXS215, EXS217, & FON241 (12 credits) will directly transfer to ASU & NAU.

**Classes Start August
21 Block Schedule: M-
TH 10:00 AM to 2:00 PM**

NOTE: The fall semester plan follows major: 5421, CCL Personal Training (F2023 - Current)

The fall and spring semester plan follows major: 5445, CCL Personal Training: Advanced (F2023 - Current)



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Questions? Please Contact

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