

Fall/Spring 2021-2022



NASM CERTIFIED PERSONAL TRAINER PROGRAM

CPT Certification

Receive a recognized 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 2021 Course Schedule/ CCL Personal Training Specialists NASM-CPT Program 2021-2022

| Course | Credits | Section # | Location | Dates | Days | Times |
|-------------------------------------|---------|-----------|----------|---------------------|------|---------------------|
| *EXS101 Intro to Ex Science | 3 | 14399 | CYT2310 | 8/23/21 - 10/15/21 | M/W | 8:30 AM - 9:45 AM |
| EXS125 Intro to Ex Physiology | 3 | 14441 | CYT2310 | 8/23/21 - 10/15/21 | M/W | 10:00 AM – 12:15 PM |
| EXS210 Muscular Fitness | 2 | 14459 | CYT2310 | 8/24/21 - 10/15/20 | T/TH | 10:00 AM – 12:15 PM |
| EXS211 Flexibility & Balance | 2 | 20214 | CYT2310 | 10/19/21 - 12/10/21 | T/TH | 1:00 PM – 2:15 PM |
| EXS212 Cardiorespiratory Fitness | 2 | 20215 | CYT2310 | 10/19/21 - 12/10/21 | T/TH | 10:00 AM – 12:15 PM |
| EXS213 Weight Mgmt & Motivation | 2 | 20216 | CYT2310 | 10/18/21 - 12/10/21 | M/W | 10:00 AM – 12:15 PM |
| EXS280AB Independent Study | 1 | 20218 | CYT2310 | 8/23/21 - 12/17/21 | M/W | 1:00 PM – 1:50 PM |
| PED101ST Strength Training | 1 | 14442 | CYT2310 | 8/24/21 - 10/15/21 | T/TH | 8:30 AM - 9:45 AM |

- 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.
- *EXS101 may also be taken online if preferred, enroll in section #14397
- Students must have CPR Certification prior to taking the NASM CPT
- Students will be encouraged to take the NASM CPT in Mid-December
- EXS280AB has a \$593 course fee which includes: NASM Textbook, Web Study Resources and Voucher to take CPT Exam
- Students who would like to start sooner can may enroll in EXS101, HES100, and FON100 in the Summer 2021 semester

Spring 2022 Course Schedule

| Course | Credits | Section # | Location | Dates | Days | Times |
|---|---------|-----------|----------|-------------------|--------|---------------------|
| EXS215 Resistance Training and Recovery Techniques | 3 | TBD | CYT2310 | 1/19/22 - 3/11/22 | M/W | 10:00 AM – 12:15 PM |
| EXS217 Cardiorespiratory and Flexibility Training | 3 | TBD | CYT2310 | 1/18/22 - 3/11/22 | T/TH | 10:00 AM – 12:15 PM |
| EXS239 - Personal Training Internship | 3 | TBD | Choice | 1/18/22 - 5/13/22 | Choice | 240 hours |
| FON100 Introductory Nutrition | 3 | TBD | Online | 1/19/22- 5/13/22 | Online | Online |
| HES100 Healthful Living | 3 | TBD | Choice | Choice | Choice | Choice |
| PED100XX (NOT WT) | 1 | TBD | Choice | Choice | Choice | Choice |

- Students will complete a 240-hour internship in the Spring to gain work experience
- NASM provides employment assistance within the first 120 days of certification
- Students will also 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
- EXS101, EXS215, EXS217, FON100, & HES100 (15 credits total) will directly transfer to ASU & NAU

NOTE: This plan follows Major: 5445, CCL - Personal Trainer Advanced (F2021 - Current)

**Classes Start August 23rd
Block Schedule: M-TH**



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Questions? Please Contact Dr. Kim McGee
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