

## **PERSONAL TRAINING – Certificate of Proficiency**

**Effective Catalog Year 2018-2019**

The Personal Training certificate program prepares students for employment in the fitness industry. Students seeking employment will also become eligible to apply for National Council on Strength and Fitness Personal Training certification. Students may apply credits earned in the certificate program toward an associate degree.

___ENGL 151	English I	3 cr.
___BIOL 130	Anatomy and Physiology I	4 cr.
___HEHP 110 or or HEHP 225	Applied Modern Health or Contemporary Health	2-3 cr.
___PSYC 172	General Psychology	3 cr.
___HEHP 188	Introduction to Nutrition	3 cr.
___HEHP 252	Nutrition for Fitness and Sport	3 cr.
___HEHP 160	Community First Aid and Safety	3 cr.
___HEHP 239	Strength and Conditioning Physiology	3 cr.
___HEHP 228	Care and Prevention of Athletic Injuries	3 cr.
___HEHP 266	Principles of Exercise Prescription	3 cr.
___HEHP 267	Sports Management	<u>3 cr.</u>

**Total Credits: 33-34**

Board of Trustees Approval Date: March 23, 2009  
Board of Trustees Approval Date: February 25, 2013