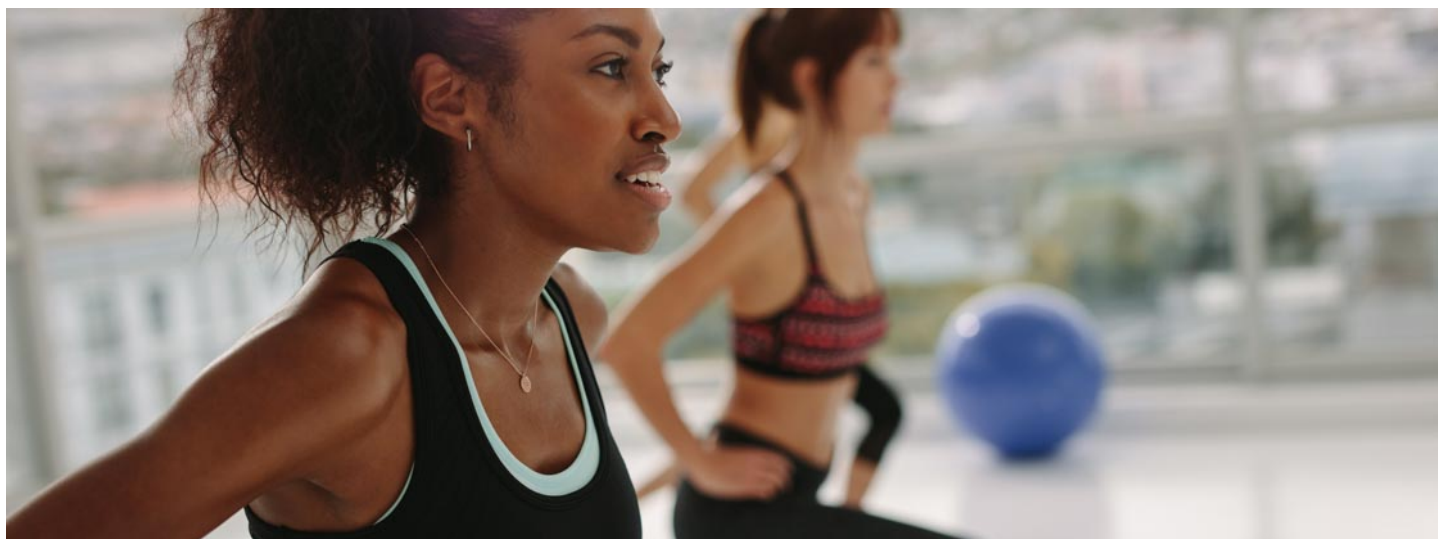


PERSONAL FITNESS TRAINER, BASIC CERTIFICATE



College(s): MX

Program Code: 0397

The Basic Certificate program provides students with the educational background required for pursuing a career in the health and fitness industry. The curriculum provides the basic foundational skills needed to assess human body mechanics and the ability to develop and implement exercise training programs designed to improve and maintain health-related components of fitness and performance. This knowledge will prepare students to achieve personal trainer certification from the National Academy of Sports Medicine (NASM). Employment opportunities with this certification include personal trainer, group exercise instructor, and/or entry-level positions available at corporate or community fitness centers (i.e. health clubs, hospital fitness centers, YMCA, community recreational centers, etc.).

Program Requirements

Code	Title	Hours
Required Program Core		
ENGLISH 101	Composition	3
ESSS 101	Personal Trainer Preparation	4
ESSS 112	Functional Anatomy & Kinesiology	5
PSYCH 201	General Psychology	3
Required Work-Based Learning Courses		
ESSS 102	Personal Trainer Practicum	2
Total Hours		17

Pathway

This is an **example course sequence** for students interested in earning a certificate in personal fitness training. If pathway is followed as outlined, student will earn a Basic Certificate (BC) in Personal Fitness Trainer. This does not represent a contract, nor does it guarantee course availability.

Semester-by-Semester Program Plan for Full-Time Students

All plans can be modified to fit the needs of part-time students by adding more semesters.

Course	Title	Hours
Semester 1		
ENGLISH 101	Composition	3
PSYCH 201	General Psychology	3
ESSS 101	Personal Trainer Preparation	4
ESSS 102	Personal Trainer Practicum	2
ESSS 112	Functional Anatomy & Kinesiology	5
Hours		17
Total Hours		17

Choose your courses with your College Advisor.