

# PERSONAL FITNESS TRAINING

Program Code: N.FTR.CER

Graduation requirement — 26 semester hours

The Personal Fitness Training Certificate Program prepares students for successful employment in the fitness industry as a personal fitness trainer. Graduates are prepared to take the Certified Personal Training examination administered by the National Strength and Conditioning Association. The NSCA-CPT is a nationally accredited certification program in the fitness industry.

## Program Notes\*

- BIO 121 and BIO 122 may be substituted for BIO 111.
- Students must hold current CPR and AED certification by time of program completion. Students may gain certification on their own through agencies such as Red Cross or American Heart Association, or they may take KIN 183.

## Suggested Full-Time Sequence

<i>FALL</i>	<i>SPRING</i>
<i>1st Semester</i>	<i>2nd Semester</i>
BIO 111	BIO 120
KIN 101	KIN 201
KIN 186	KIN 288
COM 103	

<b>Required Program Courses (23 hours)</b>		<b>Cr. Hrs.</b>
BIO 111*	Basic Anatomy and Physiology . . . . .	4
BIO 120	Fundamentals of Nutrition . . . . .	3
KIN 101	Introduction to Human Performance I . . . . .	4
KIN 201	Introduction to Human Performance II . . . . .	5
KIN 186	Introduction to Human Movement . . . . .	3
KIN 288	Exercise Physiology . . . . .	4

<b>Required General Education Course (3 hours)</b>		<b>Cr. Hrs.</b>
COM 103	Introduction to Public Speaking . . . . .	3
<i>Total Semester Credit Hours</i>		<u>26</u>