

## PERSONAL TRAINER CERTIFICATE 30502

| Course  | Requirement Field              | Credits   | Notes         |
|---|--------------------------------|-----------|---------------|
| <b>Fall - 1st Semester</b>  |                                |           |               |
| HHP 100 Personal Health   | Core Curriculum-Social Science | 3         | Reading Score |
| HHP 274 Sports Nutrition  | Core Curriculum                | 3         |               |
| HHP 278 Kinetic Anatomy   | Core Curriculum                | 3         |               |
| HHP 213 Introduction to Strength and Conditioning for Sport Performance | Core Curriculum                | 3         |               |
| HHP 107 Personal Training   | Core Curriculum                | 2         |               |
| EMT 122 First Aid and CPR   | Core Curriculum                | 2         |               |
| <b>Total Hours</b>  |                                | <b>16</b> |               |

NOTE: Any developmental courses (such as ENG 100 and MAT 120) must be taken in addition to the above during this semester as prerequisites for later courses.

|                                      |    |
|--------------------------------------|----|
| <b>Total Hours</b>                   | 16 |
| Total Curriculum Requirements (Core) | 13 |
| Total General Education              | 3  |

**Notes:** This certificate is designed to be completed in one semester, either fall or spring. Upon completion, students can sit for the National Academy of Sports Medicine (NASM) Certified Personal Trainer exam. There is a \$549 course fee.

*This degree dictates specific courses that must be taken as part to meet the General Education requirements. Consult your catalog. **All courses must be completed with a grade of "C" or better--Be sure to check the catalog for other changes and requirements.***