

PERSONAL TRAINER

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Certificate of Proficiency

30502

Advisors: Craig Hackett, Senecca Stromberg

Students will learn about the essentials of personal fitness training. Students will be introduced to the human movement system, the Optimal Performance Training (OPTTM) model, and other domains of basic exercise science including assessment, exercise technique and training instruction, program design, considerations in nutrition, client relations and behavioral coaching, and professional development, practice, and responsibility.

Curriculum Requirements

EMT 122	First Aid and CPR	2 credits
HHP 100	Personal Health (DI)	3 credits
HHP 107	Personal Training	2 credits
HHP 213	Introduction to Strength and Conditioning for Sport Performance	3 credits
HHP 274	Sports Nutrition	3 credits
HHP 278	Kinetic Anatomy	3 credits
Total Minimum Certificate Requirements - 16 credits		

In order to obtain this certificate you must:

- Complete each required course above with a grade of "C" or better.
- File a petition for certificate through your Gila Hank Online account.
- Remove any indebtedness to the College.
- Complete at least 9 certificate credits at Eastern Arizona College.