

Personal Training Certificate - 30 credits

Program Area: Health, Physical Education and Recreation (Fall 2021)

*****REMEMBER TO REGISTER EARLY*****

Program Description

The Personal Training Certificate is a one-year program designed to prepare students for a career in the fitness industry. Graduates of the Personal Training Certificate program are trained to assess, design, and implement individual and group exercise fitness programs for individuals who are apparently healthy and those with controlled disease. They are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. Upon successful completion of this certificate, the student should be well prepared to sit for the National Council on Strength & Fitness certification exam.

Required Courses

Course	Course title	Credits	Term
ALTH 1410	Medical Terminology	1	
BIOL 1005	Introduction to Cell Biology	1	
BIOL 1140*	Human Anatomy & Physiology I	4	
HPER 1116	Resistance Training	1	
HPER 1206	Weight Control Through Walking	2	
HPER 1304	Nutrition in Athletic Performance	2	
HPER 1326	Lifetime Fitness	2	
HPER 1330	Fundamentals of Endurance Training	2	
BIOL 1141*	Human Anatomy & Physiology II	4	
HPER 1322	Personal Training	3	
HPER 1332	Essentials of Human Performance	3	
PSYC 2160	Health Psychology	3	
PTA 1460*	Functional Kinesiology I	2	

Total Credits

30

*Requires a prerequisite

Program Outcomes

Upon graduation, students will have successfully completed:

- An understanding of the characteristics, structure, and function of all components of anatomy, cardiorespiratory, and energy systems of the human body.
- The application of critical thinking skills to develop appropriate fitness prescriptions for clients that minimizes risk and maximizes benefits.
- The demonstration of the ability to design safe individualized fitness programs to meet specific outcomes including dietary recommendations.
- The practice of operating within a field of understanding along with the rights and responsibilities to follow established guidelines.



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Pre-program Requirements

Successful entry into this program requires a specific level of skill in the areas of English, mathematics, and reading. Program entry will depend, in part, on meeting the prerequisites listed below:

English/Reading:

- Eligible for ENGL 1106 - College Composition I, or
- Completion of ENGL/READ 0950/0955 (or equivalent or higher). ENGL/READ 0950/0955 may be taken concurrently with Semester I coursework.

Mathematics:

- Completion of MATH 0970 - Intermediate Algebra (or equivalent or higher). Math 0970 may be taken concurrently with Semester I coursework.

There are other ways to qualify. Visit [Course Placement](http://lsc.edu/course-placement) (lsc.edu/course-placement) to find out more.

*For interpretation of test results and selection of appropriate coursework;
or general information about the program, admissions, financial aid, and getting started at LSC,
contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) or 218-733-7601*

For more information about the Personal Training Certificate including course descriptions, course prerequisites, the program report, and potential career opportunities, see the [program website](https://degrees.lsc.edu/personal-trainer) (https://degrees.lsc.edu/personal-trainer)

or

Contact Faculty, [Jeremy Roseth](mailto:jeremy.roseth@lsc.edu) (jeremy.roseth@lsc.edu) at 218-733-5910
or [Joshua Tesch](mailto:joshua.tesch@lsc.edu) (joshua.tesch@lsc.edu) at 218-733-5971



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