



Personal Training Certificate - 30 credits

Program Area: Health, Physical Education and Recreation (Fall 2016)

*****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.

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.

REQUIRED COURSES			
Course	Course Title	Credits	Semester
ALTH 1410	Medical Terminology	1	
BIOL 1005	Introduction to Cell Biology	1	
BIOL 1140*	Human Anatomy and Physiology I	4	
HPER 1304	Nutrition in Athletic Performance	2	
HPER 1116	Resistance Training	1	
HPER 1330	Fundamentals of Endurance Training	2	
HPER 1206	Weight Control Through Walking	2	
HPER 1326	Lifetime Fitness	2	
BIOL 1141*	Human Anatomy and 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	
<i>*Requires a prerequisite</i>			

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: A score of 78 or higher on the reading comprehension portion of the CPT, **OR** completion of ENGL 0950 or READ 0950, which may be taken concurrently with Semester I coursework, **OR** ENGL 0955 or READ 0955, which may be taken concurrently with Semester I coursework, **OR** equivalent transfer course or higher.

Mathematics: A score of 71 or higher on the Elementary Algebra Skills portion of the CPT, **OR** completion of MATH 0460, which may be taken concurrently with Semester I coursework, **OR** its equivalent or higher.



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For more information about the Personal Training Certificate including course descriptions, course prerequisites, the gainful employment disclosure, and potential career opportunities, see program Website:

<https://degrees.lsc.edu/personal-trainer>

- or -

Contact Faculty

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