

# Fitness Specialist/Personal Trainer

PHYSICAL EDUCATION DEPARTMENT

Certificate 60808

The Fitness Specialist/Personal Trainer Certificate prepares students for careers as personal trainers, health/fitness professionals in corporate fitness facilities, wellness centers and public/private health clubs. The Fitness Specialist/Personal Trainer Certificate curriculum is designed to prepare students who wish to take exams offered by the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM) and other nationally recognized organizations. Technical skills necessary for implementation of a safe, effective and motivational physical fitness program are presented.

## Requirements for the Certificate

### Required courses:

NF 10	Nutrition for Personal Health and Wellness	3.0	CSU
PE 15	Administration of Fitness Programs	2.0	
PE 24	Kinesiology	2.0	
PE 38	Physiology of Exercise for Fitness	3.0	
PE 39	Techniques of Fitness Testing	2.0	CSU
PE 40	Techniques of Teaching Cardiovascular Exercise	2.0	
PE 41	Techniques of Teaching Weight Training	2.0	
PE 85	Fitness Specialist Internship	1.0	
<b>TOTAL UNITS</b>		<b>17.0</b>	

### Recommended Electives:

DNCE 39A Alignment and Correctives I