

# PERSONAL TRAINER, CERTIFICATE

The Personal Trainer Certificate is designed to provide students with a comprehensive foundation in personal training: kinesiology, nutrition, fitness assessment, and exercise program design. The culmination of the coursework in this program prepares students to sit for a nationally accredited personal training certification exam.

Once nationally certified as a personal trainer, students are eligible for employment at local health clubs, community centers, park districts, and other fitness-related facilities.

For more information about Physical Education, Fitness, and Sports Studies, please visit the program page (<http://www.cod.edu/phys-ed>).

## Certificate Requirements

Field of Study Code: PHYS.CER.TRAIN

Code	Title	Credits
<b>Program Requirements</b> <sup>2,3</sup>		
PHYS 2258	The Science of Nutrition	3
PHYS 2261	Applied Kinesiology	3
PHYS 2263	Foundations of Personal Training	3
PHYS 2266	Fitness Assessment and Exercise Program Design	3
PHYS 2268	Advanced Principles of Weight Training	3
<b>Program Electives</b> <sup>1</sup>		<b>6</b>
<i>Complete 6 credits from the following:</i>		
ANAT 1500	Survey of Human Anatomy and Physiology	
PHYS 1101	Fitness Conditioning I	
PHYS 1123	Boot Camp Fitness I	
PHYS 1131	Cardio Kickboxing I	
PHYS 1171	Weight Training I	
PHYS 1184	Body Sculpting I	
PHYS 1500	Performance Nutrition	
PHYS 1554	Healthy Eating	
PHYS 1555	Personal Fitness Program	
PHYS 1556	Stress Management	
PHYS 1901	Hatha Yoga I	
PHYS 1904	Gentle Yoga I	
PHYS 1911	Pilates I (Mat)	
PHYS 2200	Introduction to Physical Education, Exercise Science, and Sport	
PHYS 2202	Introduction to Sport Management	
PHYS 2240	Introduction to Sport Psychology	
PHYS 2251	Living With Health	
PHYS 2254	Advanced First Aid, CPR and AED	
PHYS 2255	Care and Prevention of Athletic Injuries	
PHYS 2270	Introduction to Sports Marketing	
<b>Total Credits</b>		<b>21</b>

<sup>1</sup> Elective coursework can be a combination of lecture and activity classes. Only 4 activity courses (those that are 1 credit hour) may be taken.

<sup>2</sup> Highly suggest taking Human Anatomy and Physiology prior to starting the certificate.

<sup>3</sup> Highly suggest taking the courses in order that are listed on the certificate.