# 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 |
|---|---|---|
| **Program Requirements** [2, 3] | | |
| 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 |
| **Program Electives** [1] | | **6** |
| *Complete 6 credits from the following:* | | |
| 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 | |
| **Total Credits** | | **21** |

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

[2] Highly suggest taking Human Anatomy and Physiology prior to starting the certificate.

[3] Highly suggest taking the courses in order that are listed on the certificate.