

Career Studies Certificate: Personal Training and Group Exercise Leadership

AREA: Personal Training and Group Exercise
Leadership

PURPOSE: The Career Studies Certificate in Personal Training and Group Exercise Leadership is to prepare students for employment in the fitness industry as a personal trainer, aerobics instructor, group exercise instructor, or similar positions as well as to continue in various fitness and health promotion education programs at a four-year institution.

<u>Course#</u>	<u>Title</u>	<u>Credits</u>
BIO 145	Anatomy/Physiology for the Health Sciences	4
PED 101	Fundamentals of Physical Activity	2
HLT 116	Introduction to Personal Wellness Concepts	2
HLT 208	Fitness and Exercise Training	3
HLT 130	Nutrition and Diet Therapy	2
PED	PED elective	2
PED 190	Coordinated Internship *	1
	*must also be enrolled in HLT 208	
	Total	16