

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.

OCCUPATIONAL OBJECTIVES: personal trainer, aerobics instructor, group exercise instructor

<u>Course#</u>	<u>Title</u>	<u>Credits</u>
First Semester		
BIO 145	Anatomy/Physiology for the Health Sciences	4
PED 111	Weight Training	2
HLT 116	Introduction to Personal Wellness Concepts	2
PED	PED Elective(s)*	1
	Total	9
Second Semester		
HLT 130	Nutrition and Diet Therapy	2
HLT 206	Exercise Science	3
PED 298	Seminar and Project	1
PED	PED Elective(s)*	1
	Total	7
	Program Total	16

*Student may choose to take two (2) 1 credit PED courses or one (1) 2 credit PED course to fulfill elective requirements.