

Career Studies Certificate: Personal Training and Group Exercise Leadership
221-460-05

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

Course#	Title	Credits
First Semester		
BIO 145/	Anatomy/Physiology for the	4
BIO 141	Health Sciences ¹ OR Anatomy & Physiology I	
PED 111	Weight Training	2
HLT 116	Introduction to Personal Wellness Concepts	2
PED	PED Elective(s) ²	1
	Total	9
Second Semester		
BIO 142	Anatomy and Physiology II ³	4
HLT 206	Exercise Science	3
PED 298	Seminar and Project	1
PED	PED Elective(s) ²	1
HLT 230	Principles of Nutrition of Human Development	3
	Total	12
	Program Total	21

¹BIO 145 will prepare a student with little Anatomy and Physiology background, prior to taking BIO 141 and BIO 142. It is advised that students planning to transfer to a 4-year institution take BIO 141 and BIO 142.

²Students may choose to take 2-one credit courses or 1-two credit PED course to fulfill the elective requirements.

³BIO 142 in spring semester is only needed for those students transferring to a 4-year institution.