

PERSONAL TRAINER - CERTIFICATE OF ACHIEVEMENT

Plan Code: 3700

This program is designed for students interested in pursuing careers in the personal training and fitness industries. Topics include fitness principles in fitness, anatomy and physiology, fitness and wellness assessment tests, safety concerns and risk management, proper exercise techniques and client relationship building. Students completing this program will be prepared to pass the National Academy of Sports Medicine (NASM) Certification Exam.

Program Student Learning Outcomes

- Demonstrate knowledge of theory and skillsets related to different components of personal training.
- Demonstrate human movement science, functional anatomy, physiology, and kinesiology skills.

Program Requirements

Code Number	Course Title	Units
REQUIRED COURSES		
KINPP 23	First Aid and Safety	3
KINPP 70	Fitness Program Design & Instruction	3
KINPP 75	Exercise Science & Fitness Assessment	3
KINPP 230	Kinesiology Practicum	3
KINPP 233	Techniques of Strength and Conditioning	3
NUTR 26	Nutrition for the Active Person	1
Total Units		16