

## PHYSICAL EDUCATION – PERSONAL TRAINER

The Personal Trainer Certificate prepares students to enter the field of personal training/athletic training. Certified Personal Trainers are primarily responsible for “determining the safest and most effective program activities for clients, based on interview, screening, assessment and evaluation, and then implementing the appropriate program components and strategies by instructing, managing, and educating their clients for health and fitness improvements” (NCSF, 2005). The specific job tasks of a Certified Personal Trainer and their supportive qualifying competencies are defined by the scope of the profession document. The scope of practice creates the boundaries of expertise and delineates the minimum competency requirements necessary for safe and effective professional activity.

_____ BIO 2700 - Human Anatomy .....	4
_____ FCS 1011- Nutrition .....	5
_____ HEA 1010 - Health in Action .....	3
_____ PEMA 1035 - Athletic Injury Management and Rehabilitation .....	3
_____ PEMA 1039 – Certified Personal Trainer .....	3

**Upon successful completion of PEMA 39 (Certified Personal Trainer) the student will be eligible to sit for the National Council on Strength and Fitness certification examination.**

**Total Units .....**16

**A grade of C or better is required for all major courses.**