

PERSONAL TRAINER

Certificate

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.

Important: To obtain the Certificate in Personal Trainer, students must complete the following requirements with a minimum grade point average (GPA) of 2.0:

- The Personal Trainer certificate requirements below.
- All courses must be completed with a C or better.

Requirements for the Certificate

- Complete the following: ----- 16 units
 - BIO 2700- Human Anatomy (4)
 - FCS/KINE 1011- Nutrition (3)
 - HEA 1010- Health in Action (3)
 - PEMA 1035- Introduction to Athletic Training (3)
 - PEMA 1039- Certified Personal Trainer (3)*

Total Units ----- **16**

***Upon successful completion of PEMA 1039- Certified Personal Trainer, the student will be eligible to sit for the National Council on Strength and Fitness certification examination.**