

PERSONAL TRAINER/FITNESS COUNSELOR CERTIFICATE – M103

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COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
GENERAL EDUCATION REQUIREMENTS			10		
Standard First Aid and Personal Safety/CPR <u>or</u> Sports First Aid	HFN 103 HFN 104		1		
Personal Training and Fitness Counseling	HFN 183		3		
Fitness Professional Seminar/Internship ¹	HFN 190	PER 134, PER 172, or PER 183	3		
Introduction to Nutrition	NRT 101	Eligibility for ENG 101	3		
Select two of the following courses:			2		
PACE (People with Arthritis Can Exercise)	HFN 108	HFN 134 or HFN 183, or HFN 180 and HFN 181 or Industry Certification in Group Exercise or Personal Training or permission of instructor or department chair	1		
Physical Conditioning I	HFN 180		1		
Physical Conditioning II	HFN 181		1		
Physical Conditioning III	HFN 182		1		
Total Credits			12		

PROGRAM OVERVIEW
 The Personal Trainer/Fitness Counselor Certificate program is designed for the individual with an interest in working one-on-one with clients to develop or enhance their health and fitness goals.

NOTES:

¹ HFN 190 strongly suggested to be taken after HFN 183.