

PERSONAL TRAINER, CERTIFICATE OF TECHNOLOGY



Plan of Study

4PHED-PT

First Term		Credits
FITT 1237	Personal Training	2
FITT 2413	Exercise Science	4
FITT 2301	Lifestyle Change for Wellness	3
FITT 1301	Fitness and Exercise Testing	3
Credits		12
Second Term		
FITT 2309	Theory of Exercise Program Design and Instruction	3
FITT 2471	Kinesiology and Biomechanics	4
FITT 1303	Fitness Event Planning and Promotion	3
FITT 2311	Prevention and Care of Exercise Injury	3
FITT 1164	Practicum for Personal Trainer	1
Credits		14
Total Credits		26

Capstone Experience: FITT 1164 Practicum for Personal Trainer

Eligible for any nationally recognized personal trainer credentialing exam.