

## PERSONAL TRAINING DIPLOMA

The personal training diploma develops an understanding of techniques used in personal training. Graduates of the program are prepared for entry level employment in the personal training field. Students will take the “National Council on Strength & Fitness” exam and become a Certified Personal Trainer after successfully passing the exam. All coursework in the Personal Training Diploma program will apply as full credit towards the Associate of Arts Degree or the Associate of Science Degree.

### Required Program of Study for Diploma (32 weeks)

FALL SEMESTER		SPRING SEMESTER	
Course	Credits	Course	Credits
COMM 1110 Public Speaking .....	3	BIOS 2250 Anatomy and Physiology I .....	4
HPER 1550 Lifetime Wellness .....	3	HPER 1520 Nutrition for Fitness and Sport <b>OR</b>	
HPER 2310 Community Health .....	3	HOEC 1050 Nutrition .....	3
HPER 2210 Introduction to Exercise Science .....	4	HPER 2300 Stress Management .....	3
HPER 1325 Introduction to Yoga,		HPER 2410 Advanced Exercise Science .....	4
HPER 1326 Introduction to Pilates,		HPER 1245 Weight Management .....	1
HPER 2060 Weight Training, <b>OR</b>			15
Elective(s)* .....	3	Total Credit Hours	31
	16		

\*See advisor for assistance choosing elective(s).