

PERSONAL TRAINING

Students pursuing a career in the fitness industry are able to complete an Associate of Arts degree with a concentration in Personal Training. Personal Training has been identified as a rapidly growing industry at both the state and national levels. The curriculum is designed to integrate the educational and practical skills necessary to become an exercise professional. Upon completion of this Associate of Arts degree, students will be prepared to take a national certifying exam. They may choose to enter the workforce as a certified personal trainer or continue their education at a transfer institution to obtain a bachelor's degree in a fitness related area.

Suggested Program of Study for Associate of Arts Degree (2 years)

FRESHMAN YEAR

First Semester	
Course	Credits
ENGL 1010 English Composition I*	3
PSYC 1810 Introduction to Psychology*	3
MATH 1100 Topics and Ideas in Mathematics*	3
BIOS 2250 Intro to Anatomy & Physiology I*	4
HPER 1550 Lifetime Wellness	3
	16

Second Semester	
Course	Credits
English/Literature*	3
Oral Communication*	3
Fine Arts and Language*	3-4
Social Science*	3
HPER 1510 Introduction to Health, Physical Education and Recreation	3
	15-16

SOPHOMORE YEAR

First Semester	
Course	Credits
HPER 2300 Stress Management	3
HPER 2210 Introduction to Exercise Science	4
History*	3
HPER 1325 Introduction to Yoga	1
HPER 1326 Introduction to Pilates	1
Electives	5
	17

Second Semester	
Course	Credits
HPER 2410 Advanced Exercise Science	4
HPER 1245 Weight Management	1
HPER 2310 Community Health	3
HPER 2400 Care and Prevention of Athletic Injuries	3
HPER 1240 Circuit Training	1
HPER 1270 Aerobic Fitness	1
HPER 1520 Nutrition for Fitness and Sport	3
	16

Total Credit Hours 64-65

To earn an associate of arts degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

*See general education requirements.

**Students with appropriate placement scores are not required to take BIOS 1010 General Biology prior to BIOS 2250 Introduction to Anatomy and Physiology I or BIOS 2460 Microbiology.