

## **PERSONAL TRAINER CERTIFICATION**

This short term departmental certificate program provides students with skills and knowledge to prepare them for employment within the fitness industry. The student will gain understanding of physiology of exercise, fitness assessment procedures and methodologies, sports nutrition, treating activity-related injuries, and designing exercise programs. The program includes a hands-on experience with an exercise population. This certification also prepares students for industry standard personal trainer examinations. For further information about this program, contact the Physical Education department at extension 557.

### **All courses from the following (19.50 units):**

- PEH 102 Nutrition for Fitness and Sport
- PET 100 Introduction to Exercise Science
- PET 101 Exercise Program Design
- PET 102A Care and Prevention of Athletic Injuries
- PET 103 Fitness Assessment
- WKX 102 General Work Experience - Internship  
*(minimum 1.5 units)*