

BUSINESS, AAS

Personal Trainer Entrepreneurship

The Associate of Applied Science In Business, Personal Trainer Entrepreneurship is a useful two-year degree in which you will undertake a broad spectrum of entrepreneurship and personal training classes that will provide you with a strong foundation of business knowledge in order to prepare you to start your own business ventures. The required personal trainer courses will prepare you to become a certified personal trainer with your choice of national certification agencies through a comprehensive program covering safe and effective exercise, fitness testing and analysis, body mechanics, wellness fundamentals, proper nutrition, and business management skills.

Outcomes

Students completing this degree will:

- Demonstrate their proficiency and knowledge of the fundamentals of small business management.
- Apply skills and knowledge of safe and effective personal training fundamentals and techniques.
- Meet all requirements to become certified personal trainers.

Students must be CPR and first aid certified to participate in this program. EMS 101 - CPR and First Aid, is strongly recommended.

AAS degrees are generally non-transfer degrees that are designed for students to enter the workforce.

To earn an AAS degree, students must:

1. Maintain a minimum cumulative GPA of 2.0 (see requirements for graduation.)
2. Complete a minimum of 15 units within the college.
3. Satisfy General Education requirements for the AAS (<http://catalog.tmcc.edu/degrees-certificates/general-education/aas>).
4. Have no financial or library obligation to the college.

Code	Title	Units
General Education Requirements		
<i>Communications/English</i> ¹		6
Recommended:		
BUS 106, BUS 107, ENG 108, EPY 101		
<i>Fine Arts/Humanities/Social Science</i>		3
Recommended:		
ANTH 208	Fundamentals of Cultural Diversity	
or		
PSY/SOC 276	Aging in Modern American Society	
<i>Human Relations</i>		3
Recommended:		
MGT 212	Leadership and Human Relations	
<i>Mathematics</i>		3
Recommended:		
MATH 120 or Higher		
Recommended:		
BUS 117	Applied Business Math	
or MATH 12(Fundamentals of College Mathematics		
<i>Science</i>		

Required:		
NUTR 121	Human Nutrition	3
Additional College Requirements		
<i>Diversity</i> ²		[3]
Recommended:		
ANTH 208	Fundamentals of Cultural Diversity	
or		
PSY/SOC 276	Aging in Modern American Society	
<i>U.S. and Nevada Constitutions</i>		3
Choose 1 or 2 courses from the following:		
PSC 101	Introduction to American Politics	
or CH 203	American Experiences and Constitutional Change	
HIST 101	US History to 1877	
& HIST 102	and U. S. History since 1877	
HIST 101	US History to 1877	
& HIST 217	and Nevada History	
HIST 101	US History to 1877	
& PSC 100	and Nevada Constitution	
HIST 101	US History to 1877	
& PSC 208	and Survey of State and Local Government	
Degree Requirements		
ENT 200	Fundamentals of Entrepreneurship	3
ENT 230	Financing Your Small Business Venture	3
ENT 240	Marketing for Small Business	3
ENT 280	Entrepreneurship and Business Plan Development	3
Emphasis Requirements		
PEX 173	Circuit Training	1
PEX 174	Fitness Principles and Practices	2
PEX 183	Weight Training	1
PTR 100	Introduction to Personal Training	3
PTR 120	Techniques of Teaching Weight Training	1
PTR 202	Anatomy and Physiology I for Massage and Fitness Professionals	4
PTR 205	Fitness Analysis and Application	3
PTR 208	Anatomy and Physiology II for Massage and Fitness Professionals	4
PTR 210	Kinesiology for Massage and Fitness Professionals	3
PTR 250	Personal Training Practicum	2
Electives		
Choose 3 elective units from PEX or PTR courses.		
Total Units		60
1st semester		
Communications ⁴		3
Mathematics ⁴		3
ENT 200	Fundamentals of Entrepreneurship	3
NUTR 121	Human Nutrition	3
PTR 100	Introduction to Personal Training	3
PEX 173	Circuit Training	1-2
Semester Total		16
2nd semester		
English ⁴		3

ENT 230	Financing Your Small Business Venture	3
PEX 174	Fitness Principles and Practices	1-3
PEX 183	Weight Training	1-2
PTR 202	Anatomy and Physiology I for Massage and Fitness Professionals	4
PTR 205	Fitness Analysis and Application	3
Semester Total		16
3rd semester		
Diversity/Fine Arts/Human Relations/Social Science ⁴		3
ENT 240	Marketing for Small Business	3
PTR 208	Anatomy and Physiology II for Massage and Fitness Professionals	4
PTR 210	Kinesiology for Massage and Fitness Professionals	3
PTR 120	Techniques of Teaching Weight Training	1
Semester Total		14
4th semester		
U. S. and Nevada Constitutions ⁴		3
ENT 280	Entrepreneurship and Business Plan Development	3
Human Relations ⁴		3
Elective ⁴		3
PTR 250	Personal Training Practicum	2
Semester Total		14
Total Units		60

³ See approved General Education list for the AA/AS Degree. (<http://catalog.tmcc.edu/degrees-certificates/general-education/aa-as>)

⁴ See program recommendations or requirements.