

CERTIFICATE OF ACHIEVEMENT, PERSONAL TRAINER

Program Description

This comprehensive program covers safe and effective exercise, fitness testing and analysis, body mechanics, wellness fundamentals, proper nutrition, and more to provide you with a strong foundation that prepares you to become a certified personal trainer with your choice of national certification agencies.

Recommended Course Schedule

| 1st semester | | Units |
|-----------------------|---|-----------|
| PTR 100 | Introduction to Personal Training | 3 |
| PTR 202 | Anatomy and Physiology I for Massage and Fitness Professionals | 4 |
| PEX 174 | Fitness Principles and Practices | 2 |
| Communications | | 3 |
| Mathematics | | 3 |
| Semester Total | | 15 |
| 2nd semester | | Units |
| NUTR 121 | Human Nutrition | 3 |
| PTR 205 | Fitness Analysis and Application | 3 |
| PTR 208 | Anatomy and Physiology II for Massage and Fitness Professionals | 4 |
| PEX Elective | | 1 |
| Human Relations | | 3 |
| Semester Total | | 14 |
| 3rd semester | | Units |
| PTR 210 | Kinesiology for Massage and Fitness Professionals | 3 |
| PTR 220 | Personal Training Techniques | 3 |
| PEX Elective | | 1 |
| Semester Total | | 7 |
| Total Units | | 36 |

Certificates of Achievement are a set of courses that can serve as a stepping stone to an associate degree or allow students to enter the workforce. Certificates of Achievement have a general education component.

To earn a Certificate of Achievement, students must:

1. Maintain a minimum cumulative GPA of 2.0 (see requirements for graduation.)
2. Complete a minimum of 15 semester credit hours 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</i> | | 3 |
| Recommended | | |
| BUS 111 | Workplace Communications | |
| EPY 101 | Educational, Career, and Personal Development | |
| <i>Mathematics</i> | | 3 |
| Recommended | | |
| BUS 117 | Business Calculations and Methods | |
| COT 110 | Business Machines | |
| MATH 120 | Fundamentals of College Mathematics (or higher) | |
| <i>Human Relations</i> | | 3 |
| Recommended | | |
| MGT 212 | Leadership and Human Relations | |
| EPY 101 | Educational, Career, and Personal Development ¹ | |
| Program Requirements | | |
| NUTR 121 | Human Nutrition | 3 |
| PEX 174 | Fitness Principles and Practices | 2 |
| PTR 100 | Introduction to Personal Training | 3 |
| 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 220 | Personal Training Techniques | 3 |
| PEX Electives | | 2 |
| Total Units | | 36 |

Students completing this program will:

- Apply skills and knowledge of safe and effective personal training fundamentals and techniques.
- Meet all requirements to become certified personal trainers.