

# PERSONAL TRAINER

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## Program Description

The Certificate of Achievement in Personal Trainer program is a multi-disciplinary educational experience. Instruction emphasizes assessment, program development, and proper mechanics through the principles of anatomy and exercise physiology, psychology, and small business practices, and how to start and run a small business. Hands-on experience is available to the student intern through an array of fitness industry professional internships. Through the program, students will intern with small businesses and/or corporate gyms, working with potential employers.

Learn more about the program on the [Kinesiology website](#).

## Program Learning Outcomes

In addition to demonstrating competency in required coursework, graduates will have important job skills in the areas of interpersonal interaction, communication, creativity, honesty, leadership and motivation, teamwork, patience, enthusiasm, and the ability to work with a diversity of people and run a business.

## Career Opportunities

Graduates of the program will be qualified to work as paraprofessionals in the following fields: activity leader, coach, director, teacher, personal trainer, and group exercise leader. The certificate includes a small business start-up course for those students interested in owning their own business or being self-employed. Graduates will gain the knowledge needed to prepare them to take industry standard national certifications such as NASM (National Academy of Sports Medicine), ACE (American Council on Exercise), and ACSM (American College of Sports Medicine).

## Award Type(s)

- CA = Certificate of Achievement

## Units Required

- Certificate(s): 26

## Certificate Requirements

### Certificate of Achievement in Personal Trainer

- Units: 26

| Code               | Title  | Units     |
|--------------------|--|-----------|
| BUSI 95            | ENTREPRENEURSHIP-THE BUSINESS PLAN                     | 4         |
| ITRN 50            | INTERNSHIP   | 1         |
| KINS 8A            | THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY I             | 5         |
| or KINS 8B         | THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY II            |           |
| KINS 9             | BASIC NUTRITION FOR SPORTS & FITNESS                   | 5         |
| KINS 15            | FIRST AID & CPR/AED                                    | 1         |
| KINS 48            | FITNESS ASSESSMENT TECHNIQUES FOR THE PERSONAL TRAINER | 4         |
| KINS 53            | CURRENT TOPICS IN PERSONAL TRAINING                    | 2         |
| KINS 81            | INTRODUCTION TO ADAPTIVE FITNESS                       | 4         |
| <b>Total Units</b> |  | <b>26</b> |