

CERTIFIED PERSONAL TRAINER, CERTIFICATE OF ACHIEVEMENT

Upon successful completion of the Certified Personal Trainer Certificate of Achievement, students will be prepared to complete the National Academy of Sports Medicine Certified Personal Trainer Examination. Successful completion of the NASM CPT and the MPC Certified Personal Trainer Certificate of Achievement provides the opportunity for employment in the fitness industry as a Certified Personal Trainer. Employment opportunities include working in commercial clubs, personal training studios, and entrepreneurial business owner or manager.

Learning Outcomes

Upon successful completion of the program, students will be able to:

- Demonstrate knowledge of personal training as a profession and the skills, technique, and industry standards required to become a personal trainer.

Certificate of Achievement Requirements

Code	Title	Units
Required Core		
KINS 46	Principles of Strength Training and Conditioning	3
KINS 47	Principles of Exercise Prescription and Program Design	3
KINS 51	Fitness and Wellness Strategies	2
KINS 92	Practical Experience in Personal Training	1
PFIT 10A	Beginning Weight Training	1
Select four Personal Fitness Activity courses from the following:		4
PFIT 15A	Core Matwork I	
PFIT 17A	Yoga I	
PFIT 18A	Aerobic Fitness I	
PFIT 19A	Body Sculpting I	
PFIT 21A	Flexibility and Relaxation Techniques I	
PFIT 22A	Fitness Through Swimming I	
PFIT 23A	Functional Fitness I	
Total Units		14

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

Suggested Course Sequence

Year 1		Units
Fall		
KINS 46	Principles of Strength Training and Conditioning	3
KINS 51	Fitness and Wellness Strategies	2
PFIT 10A	Beginning Weight Training	1
Select two of the following:		2
PFIT 15A	Core Matwork I	
or PFIT 17A	or Yoga I	
or PFIT 18A	or Aerobic Fitness I	
or PFIT 19A	or Body Sculpting I	
or PFIT 21A	or Flexibility and Relaxation Techniques I	
or PFIT 22A	or Fitness Through Swimming I	
or PFIT 23A	or Functional Fitness I	
Units		8
Spring		
KINS 47	Principles of Exercise Prescription and Program Design	3
KINS 92	Practical Experience in Personal Training	1
Select two of the following:		2
PFIT 15A	Core Matwork I	
or PFIT 17A	or Yoga I	
or PFIT 18A	or Aerobic Fitness I	
or PFIT 19A	or Body Sculpting I	
or PFIT 21A	or Flexibility and Relaxation Techniques I	
or PFIT 22A	or Fitness Through Swimming I	
or PFIT 23A	or Functional Fitness I	
Units		6
Total Units		14

MPC "Ready to Work" Career Education programs offer students the opportunity to gain knowledge and skills needed for employment and job advancement.

All students should consult with a Counselor to discuss career pathways, for support with career exploration and planning, and to create a personalized education plan to help them meet their academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling services provided by MPC and to connect with a Counselor.

Additional resources are available through MPC's Career & Transfer Resource Center (CTRC). The CTRC offers career resources, workshops, guidance and referrals. Visit the CTRC for support finding online career information and other resources to explore majors, occupations, and employment information.