

# CERTIFIED PERSONAL TRAINER, CERTIFICATE OF ACHIEVEMENT

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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

Fall		Units
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	
<b>Units</b>		<b>8</b>
Spring		Units
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	
<b>Units</b>		<b>6</b>
<b>Total Units</b>		<b>14</b>