

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.