

# Personal Training Proficiency Certificate

**Description:** Certified Personal Trainers (CPT) are professionals qualified to assess physical fitness and to design and implement exercise training programs. Based on client interviews, risk stratification and baseline fitness assessments, a CPT can construct a training program to enhance the muscular and cardiorespiratory fitness, flexibility, and body composition of healthy individuals or for those that have been medically cleared to exercise. CPTs may be self-employed or may work in health clubs, corporate fitness centers, recreation centers, gyms, or residential care facilities. This certificate is designed to provide students with the scientific knowledge and practical experience necessary to sit for the Personal Trainer Certification exam offered by the American College of Sports Medicine (ACSM), or comparable certifying organizations. All credits earned towards the Personal Training Proficiency Certificate can be applied to earning a degree in Health Care Studies.

## Student Learning Outcomes:

Upon completion of the Personal Training Proficiency Certificate, students will be able to:

- Assess physical fitness, including muscular strength and endurance, cardiorespiratory fitness, flexibility, body composition, and other anthropometric measures to establish a baseline for exercise program development
- Design and implement a training program based on information obtained from client interview, risk stratification, and baseline measures of physical fitness
- Educate clients using scientifically based health and fitness information and resources to enhance client knowledge, program enjoyment, adherence, and overall awareness of health and fitness related information
- Develop a business plan to both establish and support a career as a Certified Personal Trainer

**Program Entry Requirements:** This certificate is open to interested students. New students are normally required to take the College's placement test at their time of entry. Students who are identified as needing developmental course work must satisfactorily complete the appropriate English and mathematics courses as part of the certificate.

**Program of Study and Graduation Requirements:** Successful completion of the certificate requires a C or better in all courses listed above. Achievement of a C or better in all courses requires the student to demonstrate competency as assessed using written and/or oral exams, demonstrations, writing assignments, projects, and participation in classroom activities.

## Course Sequence:

Course Number and Name	Prerequisites	Credits
PEH 105 - Principles of Fitness and Wellness		3 credits
NUTR 106 - Nutrition for a Healthy Lifestyle		3 credits
BIOL 108 - Essentials of Human Anatomy and Physiology		4 credits

PEH 120 - Introduction to Weight Training		2 credits
PEH 220 - Functional Training	PEH 120 with a C or better	2 credits
PEH 230 - Structural Kinesiology	BIOL 108 or BIOL 109 and BIOL 110 with a C or better	3 credits
PEH 240 - Exercise Physiology	BIOL 108 or BIOL 109 and BIOL 110 with a C or better	4 credits
PEH 250 - Exercise Testing and Prescription	PEH 240 with a C or better	4 credits
PEH 260 - The Business of Personal Training	PEH 240 with a C or better	2 credits

### **Minimum Credits to Graduate: 27**

**For More Information, Contact:** The Division of Math, Science and Health Careers, Room W1-1, 1700 Spring Garden Street, Philadelphia, PA. 19130. Telephone (215) 751-8430

[**Gainful Employment Information:** The Office of Institutional Research will insert gainful employment information.]

### **Courses and Completion Sequence**

The following courses and sequence of courses is designed for the optimal success and completion of the Personal Training degree/certificate. Any alterations should be discussed with your academic advisor.

<b>Course Number and Name</b>	<b>Credits</b>	<b>Advisory Notes</b>
PEH 105 - Principles of Fitness and Wellness	3 credits	
NUTR 106 - Nutrition for a Healthy Lifestyle	3 credits	
BIOL 108 - Essentials of Human Anatomy and Physiology	4 credits	Prerequisite for PEH 230 and PEH 240
PEH 120 - Introduction to Weight Training	2 credits	Prerequisite for PEH 220
PEH 220 - Functional Training	2 credits	
PEH 230 - Structural Kinesiology	3 credits	
PEH 240 - Exercise Physiology	4 credits	Prerequisite for PEH 250 and PEH 260
PEH 250 - Exercise Testing and Prescription	4 credits	
PEH 260 - The Business of Personal Training	2 credits	