PERSONAL TRAINING, C.S.C.

Location(s): AL, AN, LO, MA, WO
NOVA Code: 221-460-01

Purpose

This program is based on the standards of the American Council on Exercise (ACE) and prepares students to become knowledgeable fitness professionals in health clubs, recreation departments, and fitness facilities in private, commercial, corporate, or government settings. Emphasis is placed on preparing students to sit for a nationally recognized certification exam in Personal Training.

Recommended Preparation

Students are expected to attain high levels of fitness during this program and, consequently, should be in good health to participate in vigorous workouts.

Special Admission Information

No classes will be waived without permission of a Personal Training advisor.

Completion Requirements

The following must be met to obtain the Personal Training Studies Certificate:

- Achieve a grade of "C" or better in all certificate courses
- Hold a current CPR certification

One Year

Course	Title	Credits
1st Semester		
HLT 105	Cardiopulmonary Resuscitation [1]	1
Select one of the following	CST Electives:	3
CST 110	Introduction to Human Communication	
CST 126	Interpersonal Communication	
CST 229	Intercultural Communication	
PED 111	Weight Training I	1
PED 116 or HLT 110	Lifetime Fitness And Wellness [2] or Personal and Community Health	2-3
Select one of the following	BUS, FIN, or MKT Electives:	3
BUS 100	Introduction to Business	
BUS 116	Entrepreneurship	
BUS 165	Small Business Management	
BUS 201	Organizational Behavior	
FIN 107	Personal Finance	
MKT 215	Sales and Marketing Management	
BIO 141	Human Anatomy And Physiology I [3]	4
	Credits	**14-15**
2nd Semester		
Select one of the following	Approved PED Electives:	1
PED 103	Aerobic Fitness I	
PED 107	Exercise/Nutrition	
PED 109	Yoga	
HLT 206	Introduction to Kinesiology	3
DIT 121 or HLT 230	Nutrition I or Principles of Nutrition	3
PED 168	Basic Personal Trainer Preparation	3
PED 220	Adult Health And Development [4]	2-3
	Credits	**12-13**
	Total Credits	**26-28**

1. HLT 105 Cardiopulmonary Resuscitation requirement may be met with proof of current certification in CPR through a recognized organization such as the American Heart Association or the American Red Cross.
2. HLT 110 Personal and Community Health is recommended for transfer to George Mason University.
3. BIO 142 Human Anatomy and Physiology II is recommended in addition to BIO 141 Human Anatomy And Physiology I for transfer into a 4-year program and for students interested in a more thorough understanding of the systems of the human body.
4. PED 190 Coordinated Internship Coordinated Internship (2-3 cr.) may be substituted with approval of a Personal Training advisor.