

CERTIFICATE OF ACHIEVEMENT

CIP Code 31.0501

Personal Trainer

PT.CA

CODE	COURSE	CREDITS
First Semester		
CSC-101	Computer Literacy or	
CIS-101	Personal Computer Applications	3
FNS-105	Introduction to Nutrition or	
HPE-129	Sport Nutrition	3/2
HPE-100	Personal Fitness	1
HPE-127	Exercise Techniques and Prescription ¹	1
HPE-161	Weight Training	1
HPE-211	Theories and Applications of Physical Training I ¹	4
HPE-170	First Aid, Safety and Prevention of Injuries	3
		15/16
Second Semester		
HPE-210	Internship: Personal Trainer Certificate ²	3
		3
	Total Minimum Credits	18

¹ Only offered in the fall semester/evening.

² Prerequisite for the Internship is completion of all 15/16 credits as listed above.

All courses except HPE-211 and HPE-127 are offered during summer sessions.

NOTICE: Clinical placements are a required part of the curriculum and a requirement for graduation. Clinical placements may require a criminal background check, health clearance and/or drug testing before participation is allowed. Clinical sites may deny a student's participation in the event of a positive finding. Individuals who have been convicted of a felony or misdemeanor may be denied certification or licensure as a health professional. Information regarding eligibility may be obtained from the appropriate credentialing body.

PROGRAM DESCRIPTION

Personal fitness trainers help clients to assess their level of physical fitness and help them to set and reach fitness goals. They demonstrate various exercises and help clients to improve their exercise techniques. They may keep records of their clients' exercise sessions in order to assess their progress towards physical fitness. Personal trainers work with clients on a one-on-one basis.

PROGRAM GOALS

- To prepare students to earn American Council on Exercise (ACE) certification.
- To prepare students to utilize common testing and exercise equipment found at health and fitness centers.
- To prepare students to conduct health screening and fitness evaluations.
- To prepare students to develop personalized exercise prescriptions for healthy individuals.
- To provide students with real world experience in personal training.
- To prepare students to be certified in basic first aid and life-saving skills.

SPECIAL PROGRAM REQUIREMENTS

- Completion of an internship at a local fitness center or the College's Wellspring Fitness Center for 10-15 hours per week.
- Students entering college for the first time must take the College Placement Test before entering the program.

EMPLOYMENT OPPORTUNITIES

- Corporate fitness programs
- Fitness centers
- Health clubs
- Nutrition and weight control centers
- Sports medicine centers
- YMCA's

CONTACT PERSON

Dr. Nicholas DiCicco, Director
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Highlights

Visit the ACE Web site for additional information and testing locations: www.acefitness.org.