

ACCELERATED PERSONAL FITNESS TRAINING

Program Code: N.FXT.CER

Graduation requirement — 9 semester hours

The Accelerated Personal Fitness Training Certificate prepares students who currently hold a degree in kinesiology or related field for successful employment in the fitness industry as a personal fitness trainer. Graduates are prepared to take the Certified Personal Training examination administered by the National Strength and Conditioning Association. The NSCA-CPT is a nationally accredited certification program in the fitness industry.

Program Notes

- Students must hold a degree in kinesiology or a related field.
- Students must hold current CPR and AED certification by time of program completion. Students may gain certification on their own through agencies such as Red Cross or American Heart Association, or they may take KIN 183.

Suggested Full-Time Sequence

<i>FALL</i>	<i>SPRING</i>
<i>1st Semester</i>	<i>2nd Semester</i>
KIN 101	KIN 201

Required Program Courses (9 hours) Cr. Hrs.

KIN 101	Introduction to Human Performance I	4
KIN 201	Introduction to Human Performance II.	5
<i>Total Semester Credit Hours</i>		<u>9</u>