

CPHI: Certified Personal Trainer TCC (replaces PTRI: Certified Personal Trainer in the Quarter System)

The Certified Personal Trainer certificate program is designed to provide the graduate with the knowledge, skills, and attitudes to engage in the practice of personal training in a variety of settings. The goals and objectives of the program are guided by, but not limited to, the criteria and guidelines set forth by the American Council on Exercise. Upon completion of the program, graduates may be eligible to sit for a national certified personal trainer exam. (Graduation from this program does not guarantee certification. Additional certifications for eligibility to sit for the personal trainer exam include American Heart Association's Healthcare Provider CPR certification, including live skills check, and AED certification.)

Career Opportunities

Graduates may find employment as Certified Personal Trainers in a corporate healthcare or public fitness facility.

Credit Required for Completion: Minimum of 19 credit hours

Curriculum

Program Course		Credits
<i>Occupational Courses</i>		
_____	ALHS 101 I Anatomy and Physiology	5
_____	ALHS 1040 Introduction to Health Care	3
_____	SFMA 121 I Sports Nutrition	2
_____	SFMA 1250 Biomechanics of Personal Training and Sports Technique I	3
_____	SFMA 1251 Biomechanics of Personal Training and Sports Technique II	3
_____	SFMA 1263 Seminar in Sports and Fitness Management	3