



**Health and Fitness Science  
Certificate: Personal Trainer**

**PROGRAM PLANNING GUIDE**

**CURRICULUM BY SEMESTER**

<u>Course Number and Title</u>			<u>HOURS PER WEEK</u>			
			<u>Class</u>	<u>Lab</u>	<u>Work</u>	<u>Credit</u>
<b>Fall, Junior Year</b>						
HFS	110	Exercise Science	4	0	0	4
			4	0	0	4
<b>Spring, Junior Year</b>						
HFS	111	Fitness & Exercise Testing I	3	2	0	4
PED	110	Fit and Well for Life	1	2	0	2
			4	4	0	6
<b>Fall, Senior Year</b>						
HFS	210	Personal Training	2	2	0	3
			2	2	0	3
<b>Spring, Senior Year</b>						
HFS	212	Exercise Programming	2	2	0	3
			2	2	0	3

**Total Credit Hours:            16 Credit Hours**

All courses must be successfully passed with a 'C' average or better.

**This program planning guide is for advising purposes and is subject to change. Only the Registrar can clear students for graduation.**

Date Revised: 10.16.2020  
 Program of Study Approval Date: 4.26.2017  
 Prior Revisions: