

## PROGRAM OF STUDY

### Personal Training Certificate of Specialization

This certificate will help prepare those who are interested in entering the private training industry. This set of courses will assure that students will have a solid background in Kinesiology, resistance training program design, exercise techniques, and an array of conditioning techniques.

**Student Learning Outcome:**

Demonstrate proficiency in the core skills and knowledge required for employment as a personal trainer.

**Program Requirements:**

		<b>Units</b>
KPEA 101B	Advanced Weight Training	1 - 0
KPET 200	Introduction to Kinesiology	3 - 0
KPET 201	Principles of Physical Fitness and Conditioning	3 - 0
KPET 205	Personal Trainer Certification Preparation	2 - 0

**Plus one unit from the following:**

		<b>Units</b>
KPEA 103	Cardio Cross-Training	1

**Recommended electives:**

		<b>Units</b>
HLHSCI 150	Nutrition	3 - 0
BIOSCI 201	Introduction to Human Anatomy	4 - 0
BIOSCI 202	Introduction to Human Physiology	4 - 0
BIOSCI 204	Human Anatomy and Physiology I	4 - 0
BIOSCI 205	Human Anatomy and Physiology II	4 - 0

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**Total Units****10**

PID 84