

PERSONAL TRAINER/ FITNESS INSTRUCTOR



Certificate

Minimum 25 Hours

Career & Technical Education • Certificate • Minimum 2.0 OGPA • Major Code: CPTF

Fall Semester		Credit Hrs
HYG 113	First Aid & CPR	2
PE 183	Aerobic Exercise	1
FCS 124	Introduction to Nutrition	3
PTR 115	ACE Trainer Prep	4
COM 146	Business and Professional Communication	3
Total Hours		13

Spring Semester		Credit Hrs
BUS 259	Small Business Management	3
BIOL 161	Intro to Anatomy & Physiology	4
HYG 121	Science of Personal Health	3
PE 126	Physical Fitness Through Conditioning	1
PTR 117*	Internship for Personal Trainers	1/2
Total Hours		12/13

*To complete the requirements for the Personal Trainer/Fitness Instructor Certificate, students need to complete 75 internship clock hours per credit hour for the PTR 117 course. Students have the option to register for one credit hour or two credit hours.

The Personal Trainer Certificate will prepare students to pursue a career in the fitness industry. Students will complete the program will be able to not only model and instruct clients on proper training techniques they will also be able to design specific exercise programs that are both safe and effective. In addition, successful completers will be able to provide basic dietary advice. Certificate program candidates will complete a Capstone Certification provided by industry leader the American Council on Exercise.

NOTE: Graduates would be prepared to enter the Fitness Industry as Personal Trainers and/or Fitness Instructors.

Personal Trainer Exam registration info:

- Must be at least 18 years old.
- Must hold a current, government-issued photo I.D.
- Must hold a CPR/AED certification at time of registration that will still be valid on exam date. (SIC's CPR 116-Heartsaver CPR w/AED will fulfill this requirement)
- Must register at least 10 days prior to exam.
- May register online at <https://www.acefitness.org/certificationexams/exam-locations.aspx?ExamType=CBT>

This is a Gainful Employment Certificate Program that prepares the student for gainful employment in a recognized occupation. Information regarding program length, cost, average loan debt and completion rates for this program is available at http://www.sic.edu/ge_personal_trainer_fitness_instructor. You may also access Gainful Employment information from the SIC home page by selecting "Your Right to Know" from the footer of the page, and then selecting the Gainful Employment Programs option.

Occupational information about this program is available at O*NET online www.onetonline.org. Once at that website enter the SOC Code that is listed for this program. O*NET – SOC Code: 39-9031.00

Career Opportunities:

Personal Trainer, Fitness Instructor

Major Employers:

Fitness Centers, Gyms, City Sponsored Recreation Facilities, Educational Facilities