

PERSONAL TRAINING (CERTIFICATE)

Health Science

Program website (<https://www.harpercollege.edu/academics/science/kinesiology/personal-training-certificate.php>)

Program Overview

This 26 credit-hour program prepares the student for entry-level employment in the fitness industry as a personal trainer with the option to pursue a Bachelor's degree in Exercise Science, Kinesiology, Physical Education or Sports Medicine, or continue in Allied Health. The program can be completed in two consecutive semesters and prepares students to pass a national certification exam from the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

The curriculum emphasizes the application of the structure and function of the human body as it applies to movement integrating physiology, anatomy, biomechanics, nutrition, psychology, and methodologies of exercise technique and programming. The program provides students with a comprehensive learning environment including practicum experiences, laboratory instruction, and face-to-face classroom interaction. The program is designed for the student to gain practical experience working with clients under the supervision of faculty who are certified as personal trainers.

Employment opportunities include personal training or positions available at health clubs, wellness centers, corporate fitness facilities, medical centers and senior centers.

Program Requirements

Code	Title	Hours
Required		
KIN 202	Standard First Aid and CPR ¹	3
KIN 214	Exercise Technique and Instruction	2
KIN 230	Exercise Science	3
KIN 231	Fitness Assessment and Programming	3
KIN 234	Personal Training Practicum	3
KIN 236	Functional Anatomy	3
NTR 101	Fundamentals of Nutrition	3
SPE 101	Fundamentals of Speech Communication ²	3
Electives		
Students must complete three credit hours from the following list of courses:		3
BIO 260	Human Anatomy	
BIO 261	Human Physiology	
HED 200	Health	
HED 204	Women's Health	
HSC 112	Medical Terminology	
KIN 111	Basic Weight Training	
KIN 200	Introduction to the Field of Kinesiology	
KIN 203	Wellness for Life	
KIN 223	Sports Psychology	

PSY 101 Introduction to Psychology ²

Total Hours **26**

- ¹ Students who currently have American Heart Association Basic Life Support (BLS) and Heartsaver First Aid certificates may choose to substitute a 3 credit hour course from the list of electives in place of KIN 202.
- ² Students must meet the prerequisite of placement into ENG 101 prior to registering for this course.

Gainful Employment

Harper College provides Gainful Employment information to comply with the U.S. Department of Education.