

Personal Trainer/Fitness Manager Certificate

General Program Information 410-287-1000 or information@cecil.edu

The Personal Trainer/Fitness Manager Certificate program prepares individuals for entry into careers that involve the assessment, motivation, education, and training of clients regarding their health and fitness needs. Successful completion of this certificate program prepares students for entry into the workforce and entry-level certification as a Personal Trainer. Students have the option to continue their studies and earn an Associate of Science in Exercise Science.

<i>Required courses</i>		<i>General Education Code</i>	<i>Credits</i>
BIO 123	Foundations of Nutrition	S	3
BUS 103	Introduction to Business		3
HEA 130	Healthful Living	I	3
FWS 110	Fundamentals of Personal Training I		3
FWS 111	Fundamentals of Personal Training I Lab		1
FWS 130	Essentials of Fitness Assessments		3
FWS 205	Exercise Science Internship		4

Total Credits Required in Program: 20

Upon successful completion of this program, students will be able to:

- Identify core concepts from the fields of health, biology and the behavioral sciences and explain their impact on fitness and human health.
- Identify the key professional competencies necessary for leading individual and group exercise sessions in dynamic environments.
- Create, design, and implement safe and effective exercise prescriptions to improve health and performance
- Perform fitness testing and interpret results correctly based on current industry standards (NASM, ACE, NCSA, ACSM)
- Locate, interpret, and evaluate health and fitness information for its reliability and accuracy.