

# PERSONAL TRAINING MINOR

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This minor prepares students for careers in corporate fitness, health-club management, strength coaching at the NCAA division 1 level, private training, and allied health professions. Students will learn fundamentals of weight loss, program design, nutrition, toning, strength, power, endurance and flexibility.5 Students will be prepared for personal training certification in organizations that include the clinically aligned American College of Sports Medicine, the sports related National Strength and Conditioning Association, as well as the fitness club affiliated National Academy of Sports Medicine. Personal trainers are more important now than at any point in world history. Technology, sedentary lifestyles, and inexpensive high fat foods can all contribute to heart disease-the leading cause of death in the USA. Personal trainers are often the first line of defense in combating the obesity epidemic.

Code	Title	Hours
FIT-1142	Weight Training	2
FIT-1152	Exercise Training Techniques and Methods	3
Choose any FIT course		2
HS-1206	Safety and First Aid	3
PE-1500	Personal Training	3
PE-3306	Training Theory	3
<b>Total Hours</b>		<b>16</b>