



Personal Training Program's Recommended Course Sequence 2017-18 Catalog Year

The following is a suggested two-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Personal Training – Certificate of Achievement

First Year

| Fall Term | | Units | Spring Term | | Units | Summer Term | | Units |
|--------------------|-----------------------------------|-------|--------------------|---|---------|--------------------|--|-------|
| EXSC 242B | Care and Prevention of Injuries | 3.0 | EXSC 280 | Applied Exercise Physiology | 2.0 | | | |
| EXSC 282 | Techniques of Weight Training | 2.0 | EXSC 281 | Applied Kinesiology | 2.0 | | | |
| EXSC 285 | Exercise for Special Populations | 2.0 | EXSC 283 | Exercise and Fitness Assessment | 2.0 | | | |
| EXSC 286 | Techniques of Exercise Leadership | 2.0 | EXSC 284 | Fitness and Sports Nutrition | 2.0 | | | |
| | | | EXSC 270 | Personal Trainer (Internship/Work Experience) | 1-4.0 | | | |
| | | | EXSC 288 | Fitness Specialist Internship Lecture | 1.0 | | | |
| <i>Total Units</i> | | 9.0 | <i>Total Units</i> | | 10-13.0 | <i>Total Units</i> | | 0.0 |