

# Personal Training Program

Certificate of Achievement  
(State Approved)



Students in this program are trained to become evidence-based personal trainers. Students are taught by and mentored under our diverse faculty, including entrepreneurs, strength and conditioning specialists, personal trainers, exercise physiologists, athletic trainers, and nutritionists (e.g. PN-1 and CISSN). They learn and use the principles of personal training, while using an individualized approach to assess, educate, motivate, and train clients in a variety of settings. With an understanding and knowledge of anatomy, physiology, sports nutrition, exercise and fitness assessment, proper exercise technique, and exercise leadership, students obtain the skills needed to be a successful personal trainer.

For more information, please visit:  
[www.sdmiramar.edu/programs/personal-training](http://www.sdmiramar.edu/programs/personal-training)

**SAN DIEGO MIRAMAR COLLEGE**

## Personal Training Certificate

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This program gives students hands on practical application experience through course instruction, internships, and job, networking, and mentorship opportunities. This program ultimately prepares students for personal training positions, and provides the essential knowledge and skills needed to go on to earn a nationally accredited personal training certification. Graduates of our Personal Trainer Certificate Program feel confident in their abilities to be successful in the fitness industry and have gone on to obtain personal training positions in the field of health and fitness in a variety of settings.

Courses Required – One Year Program

### FALL:

- EXSC 242B** - Care and Prevention of Injuries (3 units)\*
- EXSC 282** - Techniques of Weight Training (2 units)
- EXSC 285** - Exercise for Special Populations (2 units)
- EXSC 286** - Techniques of Exercise Leadership (2 units)

### SPRING:

- EXSC 280** - Applied Exercise Physiology (2 units)
- EXSC 281** - Applied Kinesiology (2 units)
- EXSC 283** - Exercise and Fitness Assessment (2 units)
- EXSC 284** - Fitness and Sports Nutrition (2 units)
- EXSC 270** - Personal Trainer Internship/Work Experience (1-4 units)\*
- EXSC 288** Fitness Specialist Internship Lecture (1 unit)

Total Units = 19-22

\* = These courses are available to be taken in the fall or spring semester

For more information, please contact:

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