



Personal Training Certificate of Achievement

Personal trainers design and deliver exercise programs for both individuals and small groups. Students in our Personal Training 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. They design safe, effective, and evidence-based exercise programs, while providing guidance to help clients achieve their health and fitness goals. This program prepares students for entry-level positions in the field of health and fitness and provides the necessary knowledge and skills needed to go on to earn a nationally accredited personal trainer certification.

Application: Receive the San Diego Miramar College Personal Training Certificate of Achievement

1. Complete the Certificate of Achievement Application form online (copy & paste URL):

<https://www.sdccd.edu/students/forms-and-documents.aspx>

Scroll down to Counseling/Evaluation/ Graduation Forms section, and select – Apply for Associate Degree or Certificate of Achievement

2. Follow up with Counselor Marc Hollman during the semester (after you send in your application) to confirm your petition to graduate:

- **Email:** mhollman@sdccd.edu

Note: Official transcripts from all colleges attended (or concurrently attending), approved substitutions and waivers, educational plans, and any other necessary documents **must be on file in the Counseling Office before a student submits Certificate Application form.** Petitions submitted after the semester of completion may be processed in the subsequent semester. Certificates of Performance are processed after final grades are posted at the end of each semester. Please allow 6-8 weeks for certificates to be processed and mailed.

Note: If you have any questions regarding the procedure for Certificate of Achievement, please contact: Counselor Marc Hollman – Mhollman@sdccd.edu or Dr. Matthew Cain – Mcain@sdccd.edu