

# PERSONAL TRAINER/AGING ADULT SPECIALTY, LESS THAN ONE YEAR CERTIFICATE OF COMPLETION

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The Less Than One Year Certificate of Completion Personal Trainer/Aging Adult Specialty prepares the student to become a personal trainer with an emphasis in working with the older adult.

## Graduation Requirements

Students must complete a minimum of 18 credit hours with a cumulative Grade Point Average (GPA) of 2.0 or better. All courses must be completed with a grade of 'C' or better. One course must be completed at Southwestern before the Less Than One Year Certificate of Completion Personal Trainer/Aging Adult is awarded.

Complete the graduation application process one term prior to the term of completion (e.g., spring term graduates must apply during winter term).

## Program Guide

Code	Title	Credits
HE252	First Aid & CPR Professional Rescue	3
PE131	Intro to Health and Physical Ed Physical Education	3
PE262	Dev Adult Fitness	3
PE280	CWE: Physical Education	3
PET264	Concepts Indiv Fitness Program	3
SOC230	Gerontology	3
Total Credits		18

## Program Student Learning Outcomes

Upon successful completion of this program the student will be able to:

- Provide a physical fitness plan for older adults, as well as younger clients.
- Develop skills in assessing the fitness level of their clients and provide them with sound activities to enhance their physical, social, environmental, emotional, and overall health.