

PERSONAL TRAINER/GROUP EXERCISE LEADER, LESS THAN ONE YEAR CERTIFICATE OF COMPLETION

The Less Than One Year Certificate of Completion Personal Trainer/Group Exercise Leader prepares the student to become a personal trainer, aerobics instructor and group exercise specialist.

Graduation Requirements

Students must complete a minimum of 17 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/Group Exercise Leader 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
PET267	Group Fitness Concepts	2
Total Credits		17

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.