

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

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.