

SKILL AWARD IN PERSONAL TRAINER

Becoming a certified personal trainer (CPT) allows one to positively impact the life of someone new to fitness or returning after an injury. The role of a CPT requires a practitioner with the training and skills to assess, teach, and facilitate safe learning experiences for the client while also providing the right stimulus to cause positive physical adaptation. This certificate provides learning experiences that enable the motivated student to explore the physiological, psychological, and performance aspects of personal training to prepare them for a career as a trained, certified, entry level fitness provider certified through National Council on Strength & Fitness (NCSF).

| Code | Title | Units |
|---|---|-----------|
| Required prerequisite (select one (1) of the following courses): | | |
| KIN 100 | Introduction to Kinesiology | 3 |
| KIN 170 | Fitness for Life | 3 |
| KIN 171 | Health and Wellness in Society | 3 |
| or KIN 171H | Health and Wellness in Society - Honors | |
| KIN 173 | Introduction to Nutrition | 3 |
| Required courses: | | |
| BUS 146 | Principles of Money Management | 3 |
| KIN 119 | Personal Training | 3 |
| KIN 164 | Functional Anatomy | 3 |
| KIN 177 | First-Aid Responding To Emergencies | 3 |
| Total Units | | 15 |

Skill Award Level Student Learning Outcomes

Students completing the Personal Trainer Award will:

1. Assess, prescribe, and demonstrate healthful training activities for individuals desirous of additional strength, flexibility, and cardiovascular ability.

Curriculum Map

1-Term Curriculum Map Example

This map represents one possible pathway through the program and is only for reference.

*It is highly recommended that you make an appointment (<https://www.citruscollege.edu/stdntsrvcounsel/Pages/ApptSchedule.aspx>) to create a customized education plan that fits your needs.

| Course | Title | Units |
|--------------------|-------------------------------------|----------|
| Fall Term 1 | | |
| KIN 119 | Personal Training | 3 |
| KIN 177 | First-Aid Responding To Emergencies | 3 |
| KIN 170 | Fitness for Life | 3 |
| or KIN 171 | or Health and Wellness in Society | |
| or KIN 171H | or Health and Wellness - Honors | |
| or KIN 173 | or Introduction to Nutrition | |
| Units | | 9 |

| Course | Title | Units |
|----------------------|--------------------------------|-----------|
| Spring Term 1 | | |
| BUS 146 | Principles of Money Management | 3 |
| KIN 164 | Functional Anatomy | 3 |
| Units | | 6 |
| Total Units | | 15 |

Career Information

Career Opportunities

There are a variety of careers you can do with this major.

To explore more about this major, schedule an appointment (<https://www.citruscollege.edu/stdntsrvcounsel/Pages/ApptSchedule.aspx>) with a career counselor.