

CERTIFICATE OF COMPLETION
Fitness Training

This certificate of completion is designed to prepare students to sit for a national Certified Personal Trainer exam. It will cover the topics in the NSCA-CPT Detailed Content Outline, including client consultations; program planning; techniques of exercise; and safety, emergency procedures, and legal issues.

REQUIRED COURSE

ES109 Conditioning & Strength in Training 4 Cr

Required credits for this curriculum = 4

Students are required to earn a grade of 2.3 or higher in all courses for this certificate.