



Personal Training Program's
Recommended Course Sequence
2018 -19 Catalog Year

The following is a suggested one-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Certificate of Achievement – Personal Training

First Year

Fall Term		Units	Spring Term		Units	Summer Term		Units
EXSC 242B	Care and Prevention of Injuries	3.0	EXSC 280	Applied Exercise Physiology	2.0			
EXSC 282	Techniques of Weight Training	2.0	EXSC 281	Applied Kinesiology	2.0			
EXSC 285	Exercise for Special Populations	2.0	EXSC 283	Exercise and Fitness Assessment	2.0			
EXSC 286	Techniques of Exercise Leadership	2.0	EXSC 284	Fitness and Sports Nutrition	2.0			
			EXSC 270	Personal Trainer (Internship/Work Experience)	1-4.0			
			EXSC 288	Fitness Specialist Internship Lecture	1.0			
<i>Total Units</i>		9.0	<i>Total Units</i>		10-13.0	<i>Total Units</i>		0.0