

Personal Trainer – Preparation for Certification

Workforce Development and Continuing Education

Course Requirements

Choose one of the following sets:

BIOL 141	Human Structure and Function I	(4)
– and –		
BIOL 142	Human Structure and Function II	(4)
– or –		
BIOL 223	Human Anatomy and Physiology I	(4)
– and –		
BIOL 224	Human Anatomy and Physiology II	(4)
EMS 101	CPR and First Aid	1
MGT 103	Small Business Management	(3)
– or –		
MASG 215C	Business and Marketing for Professionals..... Spring semester only.	(3)
NUTR 121	Human Nutrition	3
PT 100C	Personal Training Introduction	3
Fall semester only.		
PEX 174	Fitness Principles and Practices	2
MASG 205C	Kinesiology	3
Prerequisite BIOL 141 or 223.		
PT 205C	Fitness Analysis and Application	3
Spring semester only.		
Prerequisite/corequisite: BIOL 142 or BIOL 224 and PEX 174.		
PT 250C	Internship	1
Prerequisite: all courses must be completed prior to taking the 60 hour internship.		

Total Course Requirements 27 Credits

Electives

PEX 183	Weight Training.....	1
PEX 199	Special Topics (Circuit Training).....	1
Additional PT and/or PEX credits		3

Total Electives 5 Credits

Please note: the personal trainer courses do not lead to TMCC associate of arts, associate of science or associate of applied science degrees or certificates of achievement. Credits earned in many WDCE "C" courses may be considered nontraditional and must be approved by the vice president for academic affairs in order to be applied to the general studies associate degree or certificate. Also "C" classes may not be counted for financial aid credit requirements.

Suggested Course Sequence

Sequence designed for a full-time student.

Course #	Title	Credits	
Fall Semester			
BIOL 141	Human Structure and Function I	4	
Elective	Elective in PEX/PT	1-3	
EMS 101	CPR and First Aid	1	
PEX 174	Fitness Principles and Practice	2	
PEX 183	Weight Training	1	
offered fall only	PT 100C	Personal Training Introduction	3
Total		12-14	
2nd Fall Semester			
Elective	Elective in PEX/PT	1-3	
MASG 205C	Kinesiology	3	
NUTR 121	Human Nutrition	3	
Total		7-9	
Course #	Title	Credits	
Spring Semester			
BIOL 142	Human Structure and Function II	4	
Elective	Elective in PEX/PT	1-3	
offered spring only	MASG 215C	Business & Marketing for Professionals	3
PEX 199	Special Topics (Circuit Training)	1	
offered spring only	PT 205C	Fitness Analysis and Application	3
Total		12-14	
2nd Spring Semester			
PT 250C	Internship	1	
Total		1	