

Personal Training

Certificate Program

Code	Title	Credits
Required:		12
HUM BIOL 116	First Aid and Emergency Care Procedures ¹	
HUM BIOL 270	Essentials of Personal Training	
HUM BIOL 343	Exercise Prescription and Evaluation	
or HUM BIOL 360	Exercise Physiology	
NUT SCI 270	Sport and Performance Nutrition	
or NUT SCI 300	Human Nutrition	
Total Credits		12

¹ If students can provide documentation of current AHA or ARC BLS adult CPR/AED & First Aid certification, students can select an additional course listed to fulfil the 12 credit requirement.