

# Personal Training

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## Certificate Program

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

<sup>1</sup> 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.