

## 2024-2025 OCCUPATIONAL CERTIFICATE (CERT) AWC ADVISEMENT CHECK SHEET

Sign in to your [Self-Service Student Planning](#) account to load the recommended program map and to track your academic progress.

### Personal Fitness Trainer

|                     |             |                |  |
|---------------------|-------------|----------------|--|
| <b>Student Name</b> | <b>ID #</b> | <b>Advisor</b> | <b>Major Code: CERT.FTPR</b><br><b>Credits: 19</b> |
|---------------------|-------------|----------------|--|

Students will learn about the essentials to personal fitness training. Students will be introduced to the human movement system, the Optimum Performance Training (OPT) model and other domains of basic exercise science; assessment; exercise technique and training instruction; program design; considerations in nutrition; client relations and behavioral coaching; and professional development, practice, and responsibility.

| Required Major Courses (16 Credits)                         |   | Cr | Sem | Notes |
|---|---|----|-----|-------|
| EXW 210   | Essentials of Personal Fitness Training | 16 |     |       |
| Other Departmental electives(select a minimum of 3 Credits) |   | Cr | Sem | Notes |
| EXW 275   | Fitness Professional Practicum          | 3  |     |       |
| EXW 150   | Nutrition for Exercise and Sports       | 2  |     |       |
| PEM 105   | CPR First Aid & AED Training            | 1  |     |       |
| EXW 245   | Guidelines to Exercise testing          | 3  |     |       |
| EXW 265   | Exercise for Special Populations        | 3  |     |       |
| NTR 201   | Nutrition                               | 3  |     |       |
| NTR 205   | Nutrition Through the Lifecycle         | 3  |     |       |
| NTR 210   | Nutrition & Disease                     | 3  |     |       |