

PHYSICAL EDUCATION, PERSONAL TRAINER CONCENTRATION - CERTIFICATE



PETC

Flanagan Campus, Lincoln

Offered during daytime only; Fall and spring semesters

Personal trainers are responsible for developing, documenting, and implementing one-on-one, partner, or group workout programs that match the needs and goals of clients. The trainer needs to be knowledgeable in basic exercise physiology, use a variety of exercise techniques, demonstrate proper lifting mechanics, as well as utilizing great communication and motivational skills.

This two-semester certificate program is designed for students who want to work as fitness instructors in fitness centers or as independent personal trainers.

Upon completion of this program students will be prepared to sit for professional certification exams sponsored by the American College of Sports Medicine, National Academy of Sports Medicine, or the National Strength and Conditioning Association. The courses in this program come from the disciplines of anatomy, physiology, psychology, nutrition, health and exercise science.

Technical Standards: The physical activity level (strength) for personal trainer (153.227-014) is classified as "light" by the Department of Labor Dictionary of Occupational Titles.

General Policies

See important general policies in the beginning of this section on the Health Sciences application process, academic progress, background check, CPR certification, health insurance, health records, reinstatement, transportation, uniforms, and equipment.

Minimum Requirements to Apply to Personal Trainer Certificate Program

1. **CCRI application** – Complete and submit a CCRI Application for Enrollment. General Studies should be the first choice; PETC should be the second choice.
2. **High school transcript** – An official copy of a high school or GED® transcript, including date of graduation, must be provided. If the applicant holds a baccalaureate degree from an accredited college or university, the high school transcript may be waived; a college transcript must indicate completion and degree awarded.
3. **Placement** – CCRI uses a multiple measures approach to determine admission into Health Science programs (For example: High School and GED® transcripts, SAT, ACT, HESI A2 or ACCUPLACER scores). Placement can also be determined by taking college level English and math courses. Anyone with a degree from a regionally accredited higher education institution may have this requirement waived following submission of the official college transcript. See individual programs.

- a. The ACCUPLACER test is issued by CCRI's Advising Center. If using ACCUPLACER testing, the following applies:
 - i. **Reading comprehension test** must show competency of 80 or above in Classic ACCUPLACER **or** a score of 253 or above in Next-Generation ACCUPLACER **or** students must complete Reading and Study Skills Program (ENGL 1002) with a grade of B- or better.
4. **Background check** – Students are required to submit a background check when directed by notification from One Stop Student Services.

Program Requirements

- Maintain at least a grade of B in PHED 1800 and PHED 2010.
- Program faculty reserve the right to require withdrawal of any student from the program or to refuse reinstatement based on the student's academic, clinical or professional performance.

Program Learning Outcomes

Upon completion of this program, a student will be able to:

1. Design and implement a client-centered personalized exercise program.
2. Develop and implement programs that are safe, effective and appropriate for individuals and small groups.
3. Appropriately conduct health history interview to determine the need for referral and identify contraindications for exercise.
4. Develop and administer appropriate assessments to measure cardiorespiratory endurance and resistance training based on the health history, current exercise, lifestyle factors and goals of client.
5. Teach correct exercise methods and appropriate progression and regression through demonstration, explanation, cueing, and effective feedback.
6. Demonstrate appropriate professional behavior including maintaining confidentiality, respect and integrity.
7. Create and utilize a variety of motivational techniques to maintain client interest.
8. Assist client in developing realistic health, fitness, and behavior change goals.
9. Activate emergency protocols and respond appropriately if and when an emergency occurs.
10. Communicate professionally and effectively with clients.

Certificate Requirements

Code	Title	Hours
BIOL 1070	Human Biology ^{MSCX} ; Written Communication; Critical Thinking	3
COMM 1010	Communication Fundamentals ^A ; HUMN; Non-Written Communication; Social and Professional Responsibilities	3
PHED 1610	Essentials of Physical Fitness	3
PHED 1630	Weight Training and Sports Conditioning I	2
PHED 1665	Advanced Weight Training	3
PHED 1670	Athletic Performance Enhancement	3
PHED 1800	Principles of Exercise Science	3
PHED 2010	Field Placement Experience - Personal Training	3
PSYC 2010	General Psychology ^{SSCI} ; Critical Thinking; Scientific Reasoning	4
Total Hours		27

Recommended Course Sequence

Course	Title	Hours
Year 1		
Semester 1		
BIOL 1070	Human Biology	3
COMM 1010	Communication Fundamentals^	3
PHED 1610	Essentials of Physical Fitness	3
PHED 1630	Weight Training and Sports Conditioning I	2
PSYC 2010	General Psychology	4
Hours		15
Semester 2		
PHED 1800	Principles of Exercise Science	3
PHED 2010	Field Placement Experience - Personal Training	3
PHED 1665	Advanced Weight Training	3
PHED 1670	Athletic Performance Enhancement	3
Hours		12
Total Hours		27