

## Personal Training Certificate - 16 credits

Program Area: Health, Physical Education and Recreation (Fall 2024)

### Program Description

The Personal Training Certificate is a one-year program designed to prepare students for a career in the fitness industry. Graduates of the Personal Training Certificate program are trained to assess, design, and implement individual and group exercise fitness programs for individuals who are apparently healthy and those with controlled disease. They are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. Upon successful completion of this certificate, the student should be well prepared to sit for the National Council on Strength & Fitness certification exam.

### Required Courses

Course	Course Title	Credits	Term
HPER 1116	Resistance Training	1	
HPER 1304	Nutrition in Athletic Performance	2	
HPER 1326	Lifetime Fitness	2	
HPER 1330	Fundamentals of Training Theory	2	
HPER 1322	Personal Training	3	
HPER 1332	Introduction to Exercise Science	3	
	Choose one of the following:	3	
HPER 1100	Career Exploration in Exercise Science		
HPER 1302	Nutrition		
HPER 1306	Tobacco, Alcohol and Other Drugs		
HPER 1324	Personal Wellness		
HPER 1334	Assessment of Physical Fitness		

**Total Credits**

**16**

### Program Outcomes

Upon graduation, students will have successfully completed:

- An understanding of the characteristics, structure, and function of all components of anatomy, cardiorespiratory, and energy systems of the human body.
- The application of critical thinking skills to develop appropriate fitness prescriptions for clients that minimizes risk and maximizes benefits.
- The demonstration of the ability to design safe individualized fitness programs to meet specific outcomes including dietary recommendations.
- The practice of operating within a field of understanding along with the rights and responsibilities to follow established guidelines.

For selection of appropriate coursework; or general information about the program, admissions, financial aid, and getting started at LSC, contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) or 218-733-7601

For more information about the Personal Training Certificate including course descriptions, prerequisites, the program report, and potential career opportunities, see the [program website](https://degrees.lsc.edu/personal-trainer) (<https://degrees.lsc.edu/personal-trainer>)

or

Contact Faculty, [Jeremy Roseth](mailto:jeremy.roseth@lsc.edu) (jeremy.roseth@lsc.edu) at 218-733-5910 or [Joshua Tesch](mailto:joshua.tesch@lsc.edu) (joshua.tesch@lsc.edu) at 218-733-5971