



School of Continuing Education & Workforce Development

Short Term Certificate Programs

Personal Fitness Training Certificate

Program Overview: The Personal Training Fitness Certificate program is designed to provide theory-based training on building rapport, adherence, self-efficacy and behavioral change in clients. The certificate program also increases knowledge of designing programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.

- ✓ **Introduction to Personal Training:** This course is an overview of the field of personal training including the history of exercise science, sub-disciplines of exercise science, professional organizations, certifications and the future of the field.
- ✓ **Anatomy and Physiology:** This course is an overview of the human body and its major systems, with a focus on the musculoskeletal system.
- ✓ **Fitness Screening and Training:** This course covers the fundamentals of conducting health screenings and risk stratifications, as well as test such as body fat, cardiovascular conditions, and flexibility.
- ✓ **Nutrition Fundamentals:** This course covers the fundamentals of nutrition, including macronutrients and micronutrients, and the fundamentals of how food is used by the human body. Students will be able to identify healthy food sources for the various nutrients and decipher reliable and unreliable nutritional information.
- ✓ **Exercise Prescription Proprioceptive and Special Population Training:** This course covers the principles of training clients for increased flexibility, balance, and coordination. It covers modifications to standard training programs for youth and the elderly as well as those with existing chronic or acute disease.
- ✓ **Cardio and Resistance Training:** This course covers the principles of training clients for increased cardiovascular function, strength endurance and hypertrophy. Students will be able to design fitness programs with goals such as weight loss, hypertrophy, and muscular endurance.