

Pathway: Health Sciences & Wellness

Credit Diploma, Exercise Science – Personal Trainer



This program has a spring semester start and is a two-semester program of study. The Personal Trainer Credit Diploma is designed to provide students with the knowledge and skills required to become a certified personal trainer. Students who complete the credit diploma are well prepared to sit for national exams offered by certifying agencies. These agencies include the American College of Sports Medicine, The National Strength and Conditioning Association, and the American Council on Exercise. Personal trainers who earn a certification through one of the listed agencies are eligible to be employed at any major health club such as 24 Hour Fitness, Gold's Gym, and the YMCA. Students may also begin a private business as a personal trainer or work within organizations as health and wellness coaches. Students who complete the program will be able to design, implement, and evaluate individual exercise programs, perform fitness assessments, explain physiological changes that occur during exercise, and provide basic nutritional guidance to clients. Students who complete the program and pass the certifying agency's exam, which can be taken on the LCCC campus, can begin training clients while working on their AS or BS in Exercise Science.

Contact Information

Contact information is available on the [Exercise Science](#) program website.

Competencies

Upon successful completion of this program, students will be able to:

1. Evaluate the effectiveness of individualized exercise programs for diverse populations as designed and implemented by the student.
2. Perform health and performance related fitness assessments for diverse populations
3. Explain the acute, short, and long term physiological adaptations of exercise and physical activity

Map your individual academic plan of courses with your College Advisor.

Students may need to take prerequisite courses before beginning college level math and English courses or moving through a program's course sequence. Check the [Course Descriptions](#) section of the catalog to see the course prerequisites. Students should work with their advising team on determining prerequisite requirements.

Certain courses may only be offered in Fall or Spring semester. Students who are part time or have unique circumstances should work with their Academic Advisors to develop their customized academic plan.

If students choose to transition to another program within the Health Sciences & Wellness pathway, they should be particularly aware of the choice points that indicate when a decision to branch off into another program must be made to ensure credits and time are not lost.

Coursework common to all degrees within this pathway is indicated by the ✓ in the Common Academic Coursework (CAC) column below.

First Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		HLED 1221	Standard First Aid & Safety	2	The Personal Trainer program typically begins during the spring semester.
		KIN 2300	Health Care Ethics	3	
		KIN 1006	Fitness Component: Flexibility	2	
		KIN 1008	Fitness Component: Muscular Strength/Muscular Endurance	2	
		PEAC 1295	Individualized Exercise Programs	1	
		PEPR 2050	Prevention and Care of Athletic Injuries	2	
			Semester Total	12	

Second Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		HLTK 1210	Human Body Systems	3	Milestone: Completion of Credit Diploma, Exercise Science – Personal Trainer.
		HOEC 1140	Nutrition	2	
		KIN 1007	Fitness Component: Cardiovascular Endurance	2	Milestone: Eligible to sit for national exams offered by certifying agencies.
		KIN 2135	Personal Trainer Education	3	Choice Point: Enter the job market as a Personal Trainer or continue working on AS Exercise Science degree
		KIN 2470	Exercise Science Practicum I	1	
			Semester Total	11	
Program Total				23	

Program Comments

The information below is intended to be a guide, and does not guarantee regional job placement, job availability, or a specific wage after completion of the program.

The CD in Exercise Science – Personal Trainer is intended for students who are wishing to start a career as a personal trainer or continue their education in the AS Exercise Science program. Upon completion, students are eligible to sit for national exams offered by certifying agencies.

Additional information on careers in Exercise Science – Personal Trainer available through [Career Coach](#).

Transfer Information

LCCC courses may transfer to institutions in addition to those with formal articulation agreements. Students are strongly encouraged to determine the degree requirements and transfer policy of the specific college/ university and program to which they plan to transfer.