

PERSONAL TRAINER, ONE-YEAR TECHNICAL CERTIFICATE

Curriculum Code #3003

Effective May 2024

Division of Health and Wellness Sciences (<http://catalog.lorainccc.edu/academic-programs/allied-health-nursing-health-physical-education-recreation/>)

The personal trainer one-year technical certificate curriculum is designed to aid the student in preparing for national certification exams, starting their own business or working in health and fitness centers. Lorain County Community College has articulation agreements with colleges and universities including programs offered by LCCC's University Partnership.

Code	Title	Hours
BIOG 221	ANATOMY & PHYSIOLOGY I	4
BIOG 222	ANATOMY AND PHYSIOLOGY II ^{1,2}	4
CMMC 151	ORAL COMMUNICATION	3
ENGL 161	COLLEGE COMPOSITION I	3
HLED 153	FIRST AID AND SAFETY	2
HPED 261	EXERCISE PHYSIOLOGY FOUNDATIONS ²	3
HPED 165	INTRODUCTION TO EXERCISE SCIENCE	3
HPED 272	EXERCISE PHYSIOLOGY II ¹	3
HPED 172	EXERCISE MANAGEMENT FOR SPECIAL POPULATIONS	2
HPED 173	BIOMECHANICS OF RESISTANCE TRAINING	3
HPED 275	KINESIOLOGY ¹	3
HPED 285	PRACTICUM SEMINAR SPORTS AND FITNESS PROFESSIONAL ¹	2
HLED 181	NUTRITION AND WEIGHT MANAGEMENT STRATEGIES	2
PEFT 151	LIFETIME FITNESS	1
SDEV 101	INTRODUCTION TO THE LCCC COMMUNITY ³	1
Total Hours		39

1

Indicates that this course has a prerequisite.

2

Indicates that this course has a prerequisite or may be taken concurrently.

3

A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 13 or more credit hours.

Program Contact(s):

Dr. Lisa Augustine
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For information about admissions, enrollment, transfer, graduation and other general questions, please contact your advising team (<https://www.lorainccc.edu/admissions-and-enrollment/advising-and-counseling/>).

More program information can be found on our website. (<https://www.lorainccc.edu/health/exercise-and-fitness/personal-trainer-one-year-certificate/>)

1. High school diploma or GED on file in the LCCC Records office.
2. High school biology or equivalent.

In all associate of applied science and certificate programs, students are **REQUIRED** to attend lecture, college laboratories and off-campus facilities. Transportation to and from off-campus facilities is the responsibility of the students and is not provided by the College.

Credit for Prior Learning (PLA) options may be available for your program. For more information, please visit our website: www.lorainccc.edu/PLA (<http://www.lorainccc.edu/PLA/>)

Program Learning Outcomes

1. Administer pre-participation health screening tools for clients to participate in an exercise program.
2. Perform fitness assessments and wellness activities based on client's assessment results, needs, goals, and interests per current industry standards.
3. Create a client-centered exercise program utilizing a variety of exercise modalities.
4. Demonstrate ethical and legal practices in all health and fitness-related settings.
5. Pass a national personal trainer certification exam.