

Wellness and Personal Trainer Certificate (21 hrs)

The Wellness and Personal Trainer Certificate (21 hrs) is for the student wishing to have a more comprehensive understanding of health and fitness, conventional, complementary and alternative therapies are covered. Students will be certified as a personal trainer through the American Council on Exercise (ACE) upon passing the ACE Personal Trainer Exam, as well as First Aid and CPR certifications through the American Heart Association.

Program: [Health and Wellness Short Certificate Programs](#)

Type: CTE Short-Term Certificate (STC)

Item #	Title	Credits
HED 226	WELLNESS	3
HED 231	FIRST AID	3
PED 100	FUNDAMENTALS OF FITNESS	3
HPS 116	OVERVIEW OF COMPLEMENTARY AND ALTERNATIVE THERAPIES	3
	HEC 140 or PED 224	3
HED 221	PERSONAL HEALTH	3
PED 223	METHODS OF INSTRUCTION	3
Total credits:		21