

Wellness and Personal Trainer Certificate (29 hrs)

Program

Health and Wellness

Degree Type

CTE Short-Term Certificate (STC)

The Wellness and Personal Trainer Certificates (29 hrs) is for the student wishing to continue their education at a four-year institution. 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.

Survey of Human Biology may be substituted for BIO 201 and BIO 202.

Item #	Title	Credits
	HEC 140 or PED 224	3
PED 100	FUNDAMENTALS OF FITNESS	3
HED 221	PERSONAL HEALTH	3
HED 222	COMMUNITY HEALTH	3
HED 231	FIRST AID	3
PED 223	METHODS OF INSTRUCTION	3
BIO 201	HUMAN ANATOMY AND PHYSIOLOGY I	4
BIO 202	HUMAN ANATOMY AND PHYSIOLOGY II	4
	Any approved HED or PED Course	3
	Total Credits	29