

# Personal Training Certificate



## Semester 1

Course Number	Course Name	Credits	Milestone	Completed
EXSC 2010†	Essentials of Exercise Science	3	Yes	<input type="checkbox"/>
HLTH 1070	Nutrition	3		<input type="checkbox"/>

**Total Credits: 6**

## Semester 2

Course Number	Course Name	Credits	Milestone	Completed
EXSC 2600	Coaching Lifestyle and Behavior Change	2		<input type="checkbox"/>
EXSC 2490*	Kinesiology	4		<input type="checkbox"/>
EXSC 1050	Weight Training	1		<input type="checkbox"/>

**Total Credits: 7**

## Semester 3

Course Number	Course Name	Credits	Milestone	Completed
EXSC 2100†	Concepts of Training	3	Yes	<input type="checkbox"/>
EXSC 1900	Worldwide Fitness and Wellness Trends	1		<input type="checkbox"/>

**Total Credits: 4**

## Semester 4

Course Number	Course Name	Credits	Milestone	Completed
EXSC 2200*	Applications of Training	2		<input type="checkbox"/>
EXSC 2110*	Advanced Fitness Assessment & Exercise Prescription	3		<input type="checkbox"/>
EXSC 1060	Advanced Weight Training	2		<input type="checkbox"/>

**Total Credits: 7**



### Milestone Courses

should be taken in the order shown. This will help you stay on track and graduate on time.

### Helpful Hints

-After completing EXSC 2010 & 2100, students can sit for the NASM exam to be a certified personal trainer. EXSC 2100 will have an additional fee of \$499 for the study materials for the exam.

- Students who complete the Personal Training Certificate program may choose to continue their education by completing the Exercise Science Transfer Pathway Associate's degree at NHCC and University Partners for completion of a Bachelor' Degree in Exercise Science.



**Disclaimer:** This roadmap represents one possible pathway through the program, so please make an appointment with your Academic Advisor to create an education plan that is customized to meet your needs. This information subject to change.

† Leaf/Dagger (†) means the class is only offered Fall semester. \* Flower/Asterisk (\*) means the class is only offered Spring Semester. ‡ Double Dagger (‡) means the course has a corequisite that must be taken at the same time.