

## Cert: Personal Training

2021-2022

This certificate program prepares students to develop individualized exercise programs and provide knowledgeable information on weight loss, weight gain, muscle strengthening, and flexibility. According to the American College of Sports Medicine, Personal Training is the third fastest growing occupation in the nation. The certificate program is designed to assist students in developing skills to be successful in the areas of the fitness industry, business, sports, and coaching. Areas of study include: health and fitness, kinesiology, and concepts of personal training. Included in the program is an internship on campus which would allow practical application of concepts learned in the areas of exercise prescription and implementation of individualized programs for fellow students or employees.

Included in the program are on campus opportunities which would allow practical application of concepts learned in the areas of exercise prescription and implementation of individualized programs.

### Program Courses

Course No.	Course Title	Credits
EXSC1050	Weight Training	1
EXSC1060	Advanced Weight Training	2
EXSC1900	Worldwide Fitness and Wellness Trends	1
EXSC2010	Essentials of Exercise Science	3
EXSC2100	Concepts of Training	3
EXSC2110	Advanced Fitness Assessment & Exercise Prescription	3
EXSC2270	Essentials of Sport & Exercise Nutrition	2
EXSC2490	Kinesiology	4
EXSC2600	Wellness Coaching and Behavior Change	2
HLTH1070	Nutrition	3

### NHCC Residency and GPA

Course No.	Course Title	Credits
<b>9 Credits must be earned at NHCC:</b>		
<b>2.00 overall GPA for NHCC courses</b>		

**Total Credit Required 29**

### Degree Requirements

2.00 overall GPA for NHCC courses

#### Degree Information

Certificates may be earned for successful completion of courses in a specialized program of study with a minimum grade point average of 2.00 (C). A certificate shall include 9 to 30 semester credits. At least one-third of the total credits required for each certificate must be completed at North Hennepin Community College.

#### Developmental Courses

Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

#### Equal Opportunity Employer and Disability Access Information

North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 763-493-0555 or through the Minnesota Relay Service at 1-800-627-3529.

#### Notes

Upon completion of PE 2101, the student will have the opportunity to complete the NASM certification exam for Personal Training.

Students who complete the Personal Trainer Certificate Program may choose to continue their education by completing their A.S. Degree at NHCC. In addition, after completing their A.S. Degree, they may further their education by transferring to St. Cloud State University or Augsburg College, to which the current degree allows a seamless transfer.

#### Program Outcomes

Knowledge of Human Cultures and the Physical and Natural World:

- Apply principles, skills, and methods related to biomechanics, exercise physiology, health promotion, exercise prescription and sport psychology..

#### Intellectual and Practical Skills: Inquiry and analysis:

- Apply the clinical and epidemiological evidence linking physical activity and exercise to mental and physical health.
- Critical and creative thinking: Apply the scientific method to solve problems related to physical activity and health.
- Written and oral communication: Utilize oral and written communication that meets appropriate professional and scientific standards in the field of Kinesiology/Exercise Science.
- Quantitative literacy: Evaluate the effectiveness of human movement using mechanical principles.
- Information literacy: Associate the organic, skeletal, and neuromuscular structures of the human body to psychological factors associated with diverse physical activities..
- Teamwork and problem solving: Work effectively in teams by valuing collaboration, providing service to others, and developing relational techniques for lifelong learning and problem solving.

#### Personal and Social Responsibility and Engagement

- Civic knowledge and involvement – campus, local and global: Apply Fitness/Kinesiology related skills to real- world problems through empirical research, internships, field experience, and/or service learning.
- Intercultural knowledge and competence: Demonstrate leadership and social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active, healthy lifestyle.
- Ethical reasoning and action: Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond NHCC.
- Foundations and skills for lifelong learning: Safely Develop an individualized exercise prescription based on scientific principles and appropriate evaluation techniques designed to reduce the risk of chronic disease and avoid injuries.

#### Integrative and Applied Learning:

- Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.
- Assimilate, analyze, synthesize and integrate concepts related to the exercise science field.
- Students will also be able to sit for professional certifications related to personal training, including but not limited to those offered by the National Academy of Sports Medicine, the American Council on Exercise, and select others.

#### Career Opportunities

Information on careers, including salary and employment outlook data, is available on the iseek and Bureau of Labor Statistics websites: <https://careerwise.minnstate.edu/careers/> and [www.bls.gov](http://www.bls.gov).

#### Accreditation

North Hennepin Community College is accredited by the: Higher Learning Commission 30 N. LaSalle Street, Suite 2400 Chicago, IL 60602-2504 1-800-621-7440

#### Transfer Information

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process: [Transfer Information](#)

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