

# Personal Training Certificate



## Semester 1 – First 8 Weeks

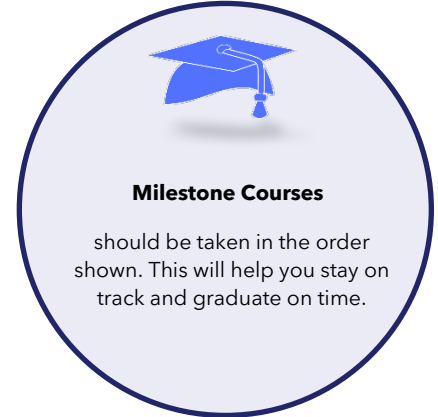
Course Number	Course Name	Credits	Milestone	Completed
HLTH 1070	Nutrition	3	Yes	<input type="checkbox"/>
EXSC 2100	Concepts of Training	3		<input type="checkbox"/>
EXSC 1050	Weight Training	1	Yes	<input type="checkbox"/>

## Semester 1 – Second 8 Weeks

EXSC 2270	Essentials of Sport & Exercise Nutrition	3	Yes	<input type="checkbox"/>
EXSC 2150	Science & Practice of Strength & Conditioning	3	Yes	<input type="checkbox"/>
EXSC 2110	Advanced Fitness & Exercise Prescription	3		<input type="checkbox"/>
EXSC 1060	Advanced Weight Training	2	Yes	<input type="checkbox"/>

**Total Credits: 18**

**Program Total Credits: 18**



### 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 2100 students will sit for the NCSF Certified Personal Trainer national exam to be an official certified personal trainer. After completing EXSC 2150 students will sit for the NCSF Advanced Strength & Conditioning national certification exam, and after EXSC 2270, students will sit for the NCSF Fitness Nutrition Specialist national certification exam. Each of those courses will have a \$199 fee to cover the national certification exam fees from the NCSF

- 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 is 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.