Personal Training Certificate



| Semester 1 | | | | |
|---------------|----------------------|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| HLTH 1070 | Nutrition | 3 | Yes | |
| EXSC 2100 | Concepts of Training | 3 | | |



Semester 2 – First 8 Weeks **Course Number** Course Name Milestone Completed Credits EXSC 1050 1 Weight Training Yes EXSC 2150 Science & Practice of Strength & Conditioning 3 🔼 Yes Semester 2 – Second 8 Weeks 🔼 Yes EXSC 1060 Advanced Weight Training 2

Total Credits: 6

| Semester 3 | | | | |
|---------------|--|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| EXSC 2110 | Advanced Fitness & Exercise Prescription | 3 | | |
| EXSC 2270 | Essentials of Sport & Exercise Nutrition | 3 | 🎓 Yes | |

Total Credits: 6

Program Total Credits: 18





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. Double Dagger (‡) means the course has a corequisite that must be taken at the same time.

Effective: 7/2/2024 AT