

Personal Training Certificate

START
HERE



Milestone Courses

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

Semester 1

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

Total Credits: 6

Semester 2 – First 8 Weeks

Course Number	Course Name	Credits	Milestone	Completed
EXSC 1050	Weight Training	1	Yes	<input type="checkbox"/>
EXSC 2150	Science & Practice of Strength & Conditioning	3	Yes	<input type="checkbox"/>

Semester 2 – Second 8 Weeks

EXSC 1060	Advanced Weight Training	2	Yes	<input type="checkbox"/>
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Total Credits: 6

Semester 3

Course Number	Course Name	Credits	Milestone	Completed
EXSC 2110	Advanced Fitness & Exercise Prescription	3		<input type="checkbox"/>
EXSC 2270	Essentials of Sport & Exercise Nutrition	3	Yes	<input type="checkbox"/>

Total Credits: 6

Program Total Credits: 18

FINISHED



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.

Effective: 7/2/2024 AT