

PERSONAL TRAINER CERTIFICATE

PROGRAM CODE: 2C10617A

The **Personal Trainer Certificate** is designed to prepare students to enter the job market as a certified personal trainer. This certificate requires a total of 19 units. A grade of C or better is required in each course taken.

| Code | Title | Units |
|-------------------------------------|---|-----------|
| Required Courses (19 units): | | |
| ANAT 231 F | General Human Anatomy | 4 |
| or | | |
| BIOL 102 F & BIOL 102LF | Human Biology and Human Biology Laboratory | 4 |
| NUTR 210 F | Human Nutrition | 3 |
| or PE 270 F | Exercise Nutrition | |
| PE 154 F | Fitness Testing with Exercise Prescription | 3 |
| PE 235 F | First Aid, CPR, and Safety Education | 3 |
| PE 254 F | Personal Fitness Trainer | 3 |
| WELL 265 F | Movement Anatomy (formerly titled Kinesiology) | 3 |
| Total Units | | 19 |

Outcome 1: Demonstrate the information, training and practical skills to qualify for work as a Personal Trainer.

Outcome 2: Design appropriate exercise programming as measured by ability to following guidelines and recommendation for scientific exercise programming during internship.

https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=1015