

# PERSONAL TRAINER CERTIFICATE

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**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
<b>Required Courses (19 units):</b>		
ANAT 231 F	General Human Anatomy	4
or		
BIOL 102 F & BIOL 102LF	Human Biology and Human Biology Laboratory	4
NUTR 210 F or PE 270 F	Human Nutrition Exercise Nutrition	3
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
<b>Total Units</b>		<b>19</b>

**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.*

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[https://www.curricunet.com/fullerton/reports/program\\_report.cfm?programs\\_id=1015](https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=1015)