

FITNESS/PERSONAL TRAINER CERTIFICATE (CAREER)

Program website (<https://www.frederick.edu/programs/healthcare/health-sciences.aspx>)

Program Description

Prepares students for a career in Personal Training and Group Fitness Instruction. Focuses on client consultations, fitness assessments, program design and implementation as well as business aspects and ethical and legal responsibilities in the fitness industry. Certification is through the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association NSCA)

A grade of "C" or better must be earned in all courses in the Personal Trainer program.

Program Learning Outcomes

- Define the role of fitness professionals in the prevention and care of lifestyle related diseases.
- Apply the principles of fitness assessment and testing to program design and implementation.
- Identify factors that affect fitness, exercise adherence, and lifestyle modification.
- Define ethical and legal responsibilities in the fitness industry.
- Define business aspects of personal training and fitness instruction.

Program Requirements

- Student must earn a grade of "C" or better in all courses in the Fitness/Personal Trainer program.

Code	Title	Credits
Departmental Requirements		
Select one of the following:		4
BSCI 117	Human Biology	
BSCI 201	Anatomy and Physiology I ¹	
EXSC 180	Care and Prevention of Athletic Injuries	3
EXSC 227	Principles of Resistance Training Technique and Program Design	3
EXSC 230	Fitness Instruction	3
EXSC 240	Fitness Assessment and Programming	3
EXSC 250	Essentials of Personal Training	3
INTR 103	Internship	3
NUTR 102	Nutrition in a Changing World	3
or NUTR 200	Principles and Application of Nutrition	
PHED 165	Fitness for Living	3
Total Credits		28

1

Students who take BSCI 201 Anatomy and Physiology I must first take either BSCI 55 Preparation for Allied Health, BSCI 150 Principles of Biology I, BSCI 223 Microbiology for Allied Health, or CHEM 101 General Chemistry I. MATH 120 or higher is required for BSCI 201.

2

Students may do the internship in the same semester as EXSC 250 Essentials of Personal Training or in the semester immediately following for best practices.

There are additional certification fees associated with EXSC 250 Essentials of Personal Training. See program manager for details. Certification exams are administered through the ACSM or NSCA at third party testing locations. Examination fees are paid through ACSM and NSCA.

Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Note: Students planning to pursue the AOC in Health & Exercise Science following completion of the Fitness/Personal Trainer certificate should take MATH 120 or higher and BSCI 201 rather than MATH 101 or higher and BSCI 117.

Recommended First Semester		Credits
PHED 165	Fitness for Living	3
BSCI 117 or BSCI 201	Human Biology ^{1,2} or Anatomy and Physiology I	4
EXSC 227	Principles of Resistance Training Technique and Program Design	3
EXSC 230	Fitness Instruction	3
Credits		13
Recommended Second Semester		
EXSC 180	Care and Prevention of Athletic Injuries	3
NUTR 102 or NUTR 200	Nutrition in a Changing World or Principles and Application of Nutrition	3
EXSC 240	Fitness Assessment and Programming	3
EXSC 250	Essentials of Personal Training	3
INTR 103	Internship	3
Credits		15
Total Credits		28

1

Depending on their math placement score, students may have to co-enroll in a MATH A course when taking BSCI 117 Human Biology.

2

Students who take BSCI 201 Anatomy and Physiology I must first take either BSCI 55 Preparation for Allied Health, BSCI 150 Principles of Biology I, BSCI 223 Microbiology for Allied Health, or CHEM 101 General Chemistry I.

3

Students may do the internship in the same semester as EXSC 250 Essentials of Personal Training or in the semester immediately following for best practices.

4

Can be completed in the spring or summer term; may require evening hours depending on site.

There are additional certification fees associated with EXSC 250 Essentials of Personal Training. See program manager for details.

Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.