Personal Training Certificate



START HERE

| Semester 1 | | | | |
|---------------|--------------------------------|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| EXSC 2010†* | Essentials of Exercise Science | 3 | Yes | |
| HLTH 1070 | Nutrition | 3 | | |

| Total | Credits: | (|
|-------|----------|---|
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| Semester 2 | | | | |
|---------------|--|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| EXSC 2600 | Coaching Lifestyle and Behavior Change | 2 | | |
| EXSC 2490* | Kinesiology | 4 | | |
| EXSC 1050 | Weight Training | 1 | | |

Total Credits:

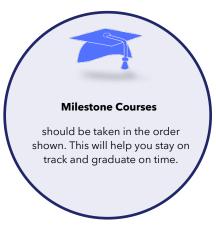
| Semester 3 | | | | |
|---------------|---------------------------------------|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| EXSC 2100†* | Concepts of Training | 3 | Yes | |
| EXSC 1900 | Worldwide Fitness and Wellness Trends | 1 | · | |

Total Credits:

| Semester 4 | | | | |
|---------------|--|---------|-----------|-----------|
| Course Number | Course Name | Credits | Milestone | Completed |
| EXSC 2200* | Applications of Training | 2 | | |
| EXSC 2110* | Advanced Fitness Assessment & Exercise Prescription | 3 | | |
| EXSC 1060 | Advanced Weight Training | 2 | | |

Total Credits:





Helpful Hints

- -After completing EXSC 2010 & 2100, students can sit for the NASM exam to be a certified personal trainer. EXSC 2100 will have an additional fee of \$499 for the study materials for the exam.
- 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 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.