

2025-2026 OCCUPATIONAL CERTIFICATE (CERT) AWC ADVISEMENT CHECK SHEET

Sign in to your [Self-Service Student Planning](#) account to load the recommended program map and to track your academic progress.

Personal Fitness Trainer

Student Name	ID #	Advisor	Major Code: CERT.FTPR Credits: 19
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Students will learn about the essentials to personal fitness training. Students will be introduced to the human movement system, the Optimum Performance Training (OPT) model and other domains of basic exercise science; assessment; exercise technique and training instruction; program design; considerations in nutrition; client relations and behavioral coaching; and professional development, practice, and responsibility.

Required Major Courses (16 Credits)		Cr	Sem	Notes
EXW 210	Essentials of Personal Fitness Training	16		
Other Departmental electives(select a minimum of 3 Credits)		Cr	Sem	Notes
EXW 275	Fitness Professional Practicum	3		
EXW 150	Nutrition for Exercise and Sports	2		
PEM 105	CPR First Aid & AED Training	1		
EXW 245	Guidelines to Exercise testing	3		
EXW 265	Exercise for Special Populations	3		
NTR 201	Nutrition	3		
NTR 205	Nutrition Through the Lifecycle	3		
NTR 210	Nutrition & Disease	3		