

OCCUPATIONAL CERTIFICATE (CERT) AWC ADVISEMENT CHECK SHEET

To help you decide upon which courses to include in both the major and elective blocks, you and your Academic Advisor should consult the university transfer guides for specific required and recommended courses; the university transfer guides can be found at www.aztransfer.com.

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

Required Major Courses (16 Credits)		Cr	Gr	Sem	Notes
EXW 210	Essentials of Personal Fitness Training	16			
Other Departmental electives(select a minimum of 3 Credits)		Cr	Gr	Sem	Notes
EXW275	Fitness Professional Practicum	3			
EXW150	Nutrition for Exercise and Sports	2			
PEM 105	CPR First Aid & AED Training	1			
EXW245	Guidelines to Exercise testing	3			
EXW265	Exercise for Special Populations	3			
NTR201	Nutrition	3			
NTR205	Nutrition Through the Lifecycle	3			
NTR210	Nutrition & Disease	3			