BELLEVUE COLLEGE

Personal Fitness Trainer

Certificate of Completion

STUDENT NAME		SID #	
PROGRAM CHAIR		DATE	

PROGRAM REQUIREMENTS			Requested Substitution/Transfer Credits (if applicable)					
Course	Course Title	CR	College/University	Course	CR	Grade	Quarter	Year
CORE COURSEWORK								
HLTH 262	Personal Fitness Trainer First Aid & Athletic Training	5						
HLTH 290	Sports Nutrition	1						
PE 137	Sports Conditioning	2						
PE 211	Fitness Assessment	2						
PE 228	Life Fitness Internship	1						
PE 236	Anatomical Kinesiology	4						
PE 267	Applied Kinesiology	4						
TOTAL		**19**						

Certificate covers material needed to apply to take the NSCA Personal Fitness Trainer Exam and for a variety of employment opportunities in health and fitness including personal fitness trainer, fitness club technician, coach, or community center instructor. Students may also apply certificate credits towards an Associate of Arts and Science Transfer degree for enrollment in a four-year University Sports Medicine, Exercise Science or Physical Education Teaching Certificate Program. This certificate prepares students for the following personal fitness trainer exams: ACSM American College of Sports Medicine, NSCA National Strength and Conditioning Association, ACE American Council of Exercise.

LEARNING OUTCOMES

Certificate recipients should possess the skills & abilities described below:

- Identify anatomical agonists and antagonists muscles in the body
- Design exercise programs addressing the five health related components of fitness (body composition, cardiovascular fitness, muscle strength, muscle endurance and flexibility)
- Apply customer service concepts and applications in the fitness industry
- Demonstrate an understanding of exercise equipment and the effectiveness in developing specific aspects of fitness
- Assess risk management and safety procedures that need to be followed in fitness training
- Clearly communicate individual goals and motivate participants in a fitness program
- Apply basic first aid techniques

FOR MOST UP-TO-DATE INFORMATION, GO TO:

www.bellevuecollege.edu/programs/degrees/proftech/pe/#fitness

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