

# Personal Training Specialist (2017-2018)

Certificate of Completion (CCL)—**Major Code 5445**

32-34.5 Credits

Name: \_\_\_\_\_

Advisor: \_\_\_\_\_

Date: \_\_\_\_\_

REQUIRED COURSES (28-28.5 CREDITS)			
Course Number/Title	Credits	Grade	Comments
BIO160: Introduction to Human Anatomy and Physiology <b>OR</b> BIO156*: Introductory Biology for Allied Health <b>OR</b> BIO181*: General Biology (Majors) I	4		
EXS101: Introduction to Exercise Science	3		
EXS112: Professional Applications of Fitness Principles	3		
EXS125: Introduction to Exercise Physiology	3		
EXS130: Strength Fitness: Physiological Principles and Training Techniques	3		
EXS132: Cardiovascular Fitness: Physiological Principles and Training Techniques	3		
EXS145: Guidelines for Exercise Testing and Prescription	3		
EXS239*: Practical Applications of Personal Training Skills and Techniques Internship (3) <b>OR</b> EXS239AA*: Practical Applications of Personal Training Skills and Techniques Internship (1) <b>OR</b> EXS239AB*: Practical Applications of Personal Training Skills and Techniques Internship (2)	3		
FON100: Introductory Nutrition <b>OR</b> FON105: Nutrition Principles for Fitness Professionals <b>OR</b> FON241: Principles of Human Nutrition	3		
EMT101: Basic Life Support/Cardiopulmonary Resuscitation (CPR) for Health Care Providers (0.5) <b>OR</b> HES106: Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (0.5) <b>OR</b> Current Basic Life Support (BLS) Health Care Provider/Professional Rescuer Certification (0)	0-0.5		
RESTRICTED ELECTIVES: 4-6 CREDITS			
Choose a total of 4-6 credits from any other courses <b>not taken as a Required Course</b> from any of the following categories. A maximum of <b>3 credits</b> of PED courses may be counted toward the Restricted Electives. EXS – Exercise Science      FON – Food and Nutrition HES – Health Science      PED – Physical Education WED – Wellness Education	4-6		
<b>Classes Taken:</b>			

\* Indicates course has a prerequisite

Grade of "C" or better required for all courses in the AAS program in Exercise Science and Personal Training. Completion of the form by an advisor is unofficial. Official acceptance of all classes is determined by SCC Admissions Office.

You may view your degree progress online on the [my.maricopa.edu](http://my.maricopa.edu) website. Log-in and click **Degree Progress Report**.

SUGGESTED COURSE COMBINATIONS FOR RESTRICTED ELECTIVES *	
GROUP FITNESS	CREDITS
EXS190*: Small Group Personal Training in a Studio Setting	2
EXS192*: Small Group Personal Training in a Gym	2
<b>NUTRITION</b>	
EXS138: Starting Your Own Personal Training Business	1
FON230*: Nutrition for Special Populations	3
FON247*: Weight Management Science	3
<b>WELLNESS/PREVENTION</b>	
EXS138: Starting Your Own Personal Training Business	1
HES100: Healthful Living <b>OR</b> WED110: Principles of Physical Fitness and Wellness	3
HES271: Prevention and Treatment of Athletic Injuries	3

\* Indicates course has a prerequisite

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SAMPLE COURSE PROGRESSION PLAN ^	
Course/Title	Credits
<b>FIRST SEMESTER (12 CREDITS)</b>	
EXS101: Introduction to Exercise Science	3
EXS125: Introduction to Exercise Physiology	3
EXS130: Strength Fitness: Physiological Principles and Training Techniques	3
FON100: Introductory Nutrition <b>OR</b> FON105: Nutrition Principles for Fitness Professionals <b>OR</b> FON241: Principles of Human Nutrition	3
<b>SECOND SEMESTER (12-13.5 CREDITS)</b>	
BIO160: Introduction to Human Anatomy and Physiology <b>OR</b> BIO156: Introductory Biology for Allied Health (if transferring) <b>OR</b> BIO181: General Biology (Majors) I (if transferring)	4
EMT101: Basic Life Support/Cardiopulmonary Resuscitation (CPR) for Health Care Providers (0.5) <b>OR</b> HES106: Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (0.5) <b>OR</b> Current Basic Life Support (BLS) Health Care Provider/Professional Rescuer Certification (0-0.5)	0-0.5
EXS112: Professional Applications of Fitness Principles	3
EXS132:* Cardiovascular Fitness: Physiological Principles and Training Techniques	3
Restricted Electives: Any EXS, FON, HES, PED or WED class not used to meet other degree requirements (no more than 3 restricted elective credits total, in PED)	2-3
<b>THIRD SEMESTER (8-9 CREDITS)</b>	
EXS145: Guidelines for Exercise Testing and Prescription	3
Restricted Electives: Any EXS, FON, HES, PED or WED class not used to meet other degree requirements (no more than 3 restricted elective credits total, in PED)	2-3
EXS239:* Practical Applications of Personal Training Skills and Techniques Internship (3 credits) <b>OR</b> EXS239AA** (1 credit) <b>OR</b> EXS239AB** (2 credits)	3

^ Students may take any course in any sequence if it does not have a pre- or co-requisite. Students may also complete the certificate in more or less than three (3) semesters.

\* Indicates course has a prerequisite

## ESTIMATED COMPLETION COSTS: [http://www.scottsdalecc.edu/sites/default/files/gainful\\_employment/5445.htm](http://www.scottsdalecc.edu/sites/default/files/gainful_employment/5445.htm)

In-State Tuition and Fees	\$3,120.00
Out of State Tuition and Fees	\$11,435.00
Books and Supplies	\$1,383.00
Off-Campus Room and Board	\$7,632.00

The amounts shown above include costs for the entire program, assuming normal time to completion. Note that this information is subject to change.

For additional program cost information, please visit [https://business.maricopa.edu/sites/default/files/Adopted%20FY2016-17%20TF%20with%20Senior%20Rate%20and%20OOC\\_0.pdf](https://business.maricopa.edu/sites/default/files/Adopted%20FY2016-17%20TF%20with%20Senior%20Rate%20and%20OOC_0.pdf)

## PROGRAM CONTACTS

[www.scottsdalecc.edu/academics/departments/hperd/fitness-nutrition](http://www.scottsdalecc.edu/academics/departments/hperd/fitness-nutrition)

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