

# Personal Trainer

## Certificate of Achievement

This program provides entry-level training to those interested in a career as a personal trainer in the fitness industry. Students gain background information about fitness and health sufficient to take one of several Personal Trainer certification examinations offered by various national organizations such as the American Council on Exercise, the American College of Sports Medicine, the National Academy of Sports Medicine, the National Strength and Conditioning Association and the Aerobic Fitness Association of America. The curriculum follows the American College of Sports Medicine guidelines.

For more information, visit the [Personal Trainer \(https://www.ccm.edu/academics/divdep/health-professions-natural-sciences/departments-of-health-and-exercise-science/exercise-science-information/#whatlearn\)](https://www.ccm.edu/academics/divdep/health-professions-natural-sciences/departments-of-health-and-exercise-science/exercise-science-information/#whatlearn) website.

## Certificates of Achievement

### Certificate of Achievement - Personal Trainer

(P0950)

HES-111	Introduction to Exercise Science	3
HED-115	Personal and Family Nutrition	3
HED-295	First Aid and Emergency Care	3
HED-283	Cardiopulmonary Resuscitation	1
HES-227	Exercise Science Internship (45-100 Hours)	1
HES-207	Personal Training and Program Design	3
Exercise Science Restricted Elective* *Choose a 1 credit activity course: HES 125, HES 126, HES 127, or HES 128,		1
<b>Total Credits</b>		<b>15</b>

*The Personal Trainer Certificate of Achievement is awarded to students who achieve grades of C or better in all courses in the program.*

## Courses

### HED-112. Drugs, Society and Human Behavior. 3 Credits.

LECT 45 hrs

This course examines the effects drugs have on the individual and society, taking a critical look at the most recent scientific data drawn from medical, sociological and student research. Topics include, but are not limited to, neurophysiology, pharmacology and the demographics of drug use, legal issues, and treatment and prevention programs. Different types of drugs are examined.

**Additional Fees:** Course fee applies.

### HED-115. Personal and Family Nutrition. 3 Credits.

LECT 45 hrs

In this course, students study the relationships of nutrition and eating patterns to one's health, nutritive value and composition of foods, metabolism, functions and requirements of nutrients throughout life, and essentials of an adequate diet. Emphasis is placed on the practical application of nutrition concepts in everyday life.

**Additional Fees:** Course fee applies.

### HED-128. Lifetime Wellness. 2 Credits.

LECT 15 hrs LAB 30 hrs

This course is designed to provide students with the knowledge and skills necessary to make intelligent decisions about health and wellness. Topics include nutrition and weight management, substance abuse, stress management, fitness, cardiovascular disease and sexually transmitted diseases. Students engage in personally selected programs to improve wellness.

**Additional Fees:** Course fee applies.

### HED-132. Stress Management. 1 Credit.

LECT 15 hrs

This course provides students with an understanding of the basic principles of the stress response, the General Adaptation Syndrome, stressors and stress management. Students participate in physical and cognitive exercises designed to reduce stress.

**Additional Fees:** Course fee applies.

### HED-283. Cardiopulmonary Resuscitation. 1 Credit.

LAB 30 hrs

This course is taught according to American Heart Association (AHA) guidelines. Students learn about heart disease prevention, early recognition of heart attack and stroke, early access to Emergency Medical Services, and recognition and treatment for respiratory arrest, cardiac arrest and obstructed airway emergencies. Students who successfully complete the requirements will receive an AHA CPR card (BLS for Healthcare Provider CPR). This course is available through the Division of Corporate and Community Programs. Students enrolled in the majors of Nursing, Radiography, Respiratory Therapy, Exercise Science, and Early Childhood Education may request that they receive 1 credit toward their HED/HES requirement. Students must present a valid American Heart Association CPR card (BLS for Healthcare Provider CPR) to the Office of Records and Registration to receive credit. Course fees do not represent income to the AHA or any of its components.

**Additional Fees:** Course fee applies.

### HED-286. Personal Health and Wellness. 3 Credits.

LECT 45 hrs

This course examines current health and wellness topics that have an impact on the individual in today's society. Emphasis is on a wellness approach, examining the physical, emotional, intellectual, social and spiritual dimensions of health. Students engage in evaluations of their own wellness behaviors and investigate in detail at least one health issue of personal significance. (There is no substitution for this course in programs that require it for degree completion.)

**Additional Fees:** Course fee applies.

**HED-295. First Aid and Emergency Care. 3 Credits.**

LECT 45 hrs

A basic course in first aid which acquaints students with information about prevention of accident and injury and about emergency assessment, recognition and treatment of trauma and sudden illnesses. Upon successful completion of the requirements, the student will receive First Aid certification.

**Additional Fees:** Course fee applies.

**HED-ELE. Health and Wellness Elective for Cutk. 3 Credits.**

LECT 45 hrs

Pseudo course to hold a place in student planner.

**HES-107. Program Design and Implementation. 3 Credits.**

LECT 45 hrs

This course provides students with the practical application of current testing procedures and instrumentation used in exercise testing. Students learn to perform and interpret the basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and blood pressure. Students learn the principles related to exercise prescription, develop the necessary skills to design and implement training programs as they relate to the components of fitness. Safeguards and effectiveness for all fitness levels are addressed.

**Prerequisites:** HES-111, open to Personal Trainer Certificate of Achievement students only

**Additional Fees:** Course fee applies.

**HES-111. Introduction to Exercise Science. 3 Credits.**

LECT 45 hrs

This course is recommended in the first semester. This is an introductory course to acquaint students with the development and structure of the field of exercise science. The current scientific development of the field is stressed, with emphasis on basic exercise physiology, health and fitness.

**Additional Fees:** Course fee applies.

**HES-125. Stretching and Strengthening. 1 Credit.**

LAB 30 hrs

This course provides a thorough presentation of exercises for improving strength and flexibility without the need for special equipment. Emphasis is on exercising safely and learning the importance of strength and flexibility in conditioning, injury prevention and rehabilitation. It is designed to give students the tools with which to create a personal exercise program. Students need to supply their own exercise mats.

**Additional Fees:** Course fee applies.

**HES-126. Personal Fitness. 1 Credit.**

LAB 30 hrs

Students design and practice an exercise program that develops selected components of physical fitness. Each student undertakes assessments of various components of fitness.

**Additional Fees:** Course fee applies.

**HES-127. Weight Training. 1 Credit.**

LAB 30 hrs

Basic principles of resistance (weight) training are taught, emphasizing training for general conditioning. Training programs for major muscle groups are developed and practiced. Equipment used includes free weights and some machines.

**Additional Fees:** Course fee applies.

**HES-128. Yoga. 1 Credit.**

LAB 30 hrs

This is an introductory course in yoga covering basic hatha yoga postures and exercises. Breathing techniques, flexibility and muscular endurance are enhanced. The course helps relieve stress and develop a sense of peacefulness and tranquility while improving fitness. Students need to supply their own exercise mats.

**Additional Fees:** Course fee applies.

**HES-182. Golf I. 1 Credit.**

LAB 30 hrs

A beginner's study and practice of the fundamental skills and basic rules of the game of golf. Topics include the make-up of the course, the grip, swing and stance, the equipment, and the rules. A portion of the course is held off campus at local golf facilities.

**HES-186. Badminton. 1 Credit.**

LAB 30 hrs

A beginning course which introduces the student to the basic strokes, rules and fundamental strategies of the game of badminton. Emphasis is placed on the utilization of newly acquired skills in game situations.

**Additional Fees:** Course fee applies.

**HES-187. Volleyball. 1 Credit.**

LAB 30 hrs

This course develops techniques, skills and strategies of volleyball. Emphasis is on the development of the basic skills essential for success and enjoyment.

**HES-207. Personal Training and Program Design. 3 Credits.**

LECT 30 hrs LAB 30 hrs

This course provides hands-on experience with current exercise testing procedures and instrumentation, including protocols for cardiorespiratory fitness, muscular strength, flexibility, body composition. Students will learn to design and implement exercise programs using a variety of modalities, emphasizing safety and effectiveness for various fitness levels, from healthy individuals to those with medical clearance to exercise. Topics include exercise prescription, motivation, and adherence strategies. Additionally, students will explore business planning and marketing for personal trainers, gaining skills in developing, promoting, and managing a successful personal training business.

**Corequisites:** HES-111.

**HES-211. Kinesiology. 3 Credits.**

LECT 30 hrs LAB 45 hrs

This course emphasizes the analysis of the principles of movement through human anatomical design. Major joints of the body, their actions, and the muscles that do those actions are stressed. Application to physical exercise is stressed in lab work on strength, endurance, and potential motion of major joints.

**Prerequisites:** BIO-101 or BIO-133

**Additional Fees:** Course fee applies.

**HES-212. Exercise Physiology. 3 Credits.**

LECT 30 hrs LAB 45 hrs

This course includes the study of human responses and adaptations to exercise of varying levels of stress and intensity. Major topics include bioenergetics; the physiology of the circulatory, respiratory, muscular and nervous systems as they apply to exercise; and the underlying physiological basis of fitness. Laboratory experiences illustrate practical application of theoretical content with hands-on experiences to measure and apply what is learned in the lecture component of the course.

**Prerequisites:** BIO-101, BIO-102 and HES-111**Additional Fees:** Course fee applies.**HES-213. Exercise Measurement and Prescription. 3 Credits.**

LECT 30 hrs LAB 45 hrs

This course stresses the appropriate measurement of various aspects of human exercise. Measurement of body composition, cardiovascular efficiency, muscular strength and endurance, and other physiological parameters are taught and practiced. Students learn how to develop individualized and properly designed exercise prescriptions for adults, including special populations.

**Prerequisites:** HES-212 (minimum grade of C)**Additional Fees:** Course fee applies.**HES-227. Exercise Science Internship (45-100 Hours). 1 Credit.**

COOP 45 hrs

This introductory course provides students enrolled in the Exercise Science major with pre-professional, job-oriented training, practical work experience and/or career related exploration in a paid or unpaid work environment prior to permanent employment and/or degree transfer. The student will participate in planned, supervised work that integrates career related experience into their education. The duration of the experience ranges between 45 and 100 hours. The course may be taken in fulfillment of requirement or an elective in the Exercise Science curricula. Students desiring to participate in this experience should make their intention known to the department chair at the beginning of the semester prior to the semester in which they intend to do the internship.

**Prerequisites:** Permission of department chair.**HES-228. Exercise Science Internship (90-200 Hour s). 2 Credits.**

COOP 90 hrs

This is a 2 credit course with a minimum of 90 contact hours in an internship setting. This course provides students enrolled in the Exercise Science major with pre-professional, job-oriented training, practical work experience and/or career related exploration in a paid or unpaid work environment in exercise science and related fields prior to permanent employment and/or degree transfer. The student will continue to build upon introductory experiences and participate in planned, supervised work that integrates career related experience into their education. Placements can include those with an emphasis in business, management, or patient/client services. The course may be taken in fulfillment of requirement or an elective in the Exercise Science curricula. Students desiring to participate in this experience should make their intention known to the department chair at the beginning of the semester prior to the semester in which they intend to do the internship. **Prerequisites:** Permission of Department Chair

**Prerequisites:** Permission of department chair.**HES-229. Exercise Science Internship (135-300 Hou rs). 3 Credits.**

COOP 135 hrs

This is a 3 credit course with a minimum of 135 contact hours in an internship setting. This course provides students enrolled in the Exercise Science major with pre-professional, job-oriented training, practical work experience and/or career related exploration in a paid or unpaid work environment in exercise related fields prior to permanent employment and/or degree transfer. The student will continue to build upon and further develop experiences and participate in planned, supervised work that integrates career related experience into their education. Increased emphasis and focus on identifying workplace issues as well as resolution takes place. Placements can include those with an emphasis in business, management, or patient/client services. The course may be taken in fulfillment of requirement or an elective in the Exercise Science curricula. Students desiring to participate in this experience should make their intention known to the department chair at the beginning of the semester prior to the semester in which they intend to do the internship. **Prerequisites:** Permission of Department Chair

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