

Personal Trainer Certificate/Area of Specialization (0201)

This certificate is designed for students interested in becoming a personal trainer. Courses within this program will help students prepare for a certification exam. It is recommended that students pursue certification, but it is not required, nor is it part of the certificate program. Many of these courses may be applied towards an Associate of Arts or an Associate of Science Degree, and may also be applicable for transferring to a four-year college. Students should consult a Lakeland counselor prior to beginning this program in order to ensure maximum transferability.

For more information, contact 440.525.7180.

NOTE: Some courses in this certificate include prerequisites that are not included in the certificate. Students with equivalent knowledge and experience may request to have these prerequisites waived. Students who have not already taken the prerequisites and do not have equivalent knowledge and experience will need to take additional courses.

BIOL 2210 Anatomy and Physiology I has a prerequisite of high school chemistry or CHEM 1100 Elementary Chemistry, high school biology in the last five years; or BIOL 1200 Fundamentals of Biology for the Health Technologies.

Course	Title	Credit Hours
BIOL 2210	Anatomy and Physiology I	4
BIOL 2220	Anatomy and Physiology II	4
BUSM 1620	Introduction to Entrepreneurship	3
COMM 1100	Effective Interpersonal Communications	3
PEHR 1250	First Aid	2
PEHR 1550	Introduction to Personal Training	2
PEHR 1600	Exercise Physiology I	2
PEHR 1660	Diet and Weight Management Strategies for Sport and Fitness	2
PEHR 1670	Instructional Techniques: Strength and Cardio Fitness Training	2
PEHR 1750	Personal Health	3
PEHR 2500	Athletic Training	2
PEHR 2750	Personal Trainer Internship/Seminar ¹	2
Total Credit Hours		31

¹ It is recommended that PEHR 2750 Personal Trainer Internship/Seminar be completed as one of the last classes in the certificate. Please contact 440.525.7180 for an appointment one semester prior to enrolling in this course.