

PERSONAL TRAINING (PROFESSIONAL CERTIFICATE)

Award: Professional Certificate
Program of Study: Personal Training
Program Code: 1145

About This Program . . .

Students enrolled in the Personal Training certificate program should have a strong interest in fitness, health promotion, and personal training. Students will engage in practical experiences that will help them with the possibility of a future career in personal training. Students will explore subject areas that include: anatomy, physiology, kinesiology, nutrition, applications of physical fitness, and exercise physiology. This program is designed to provide the student with the knowledge required to pass national certification examinations to become a National Strength and Conditioning Association – Certified Personal Trainer (NSCA-CPT), National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (NSCA-CSCS), American College of Sports Medicine Certified Personal Trainer (ACSM-CPT), and/or American College of Sports Medicine Certified Exercise Physiologist (ACSM c-EP).

Important information about this program:

- 33 semester hours for the Professional Certificate in Personal Training.
- 2.00 cumulative GPA or higher in the certificate is required.
- At least 33 percent of the credit hours required for the certificate must be in courses numbered 300 or above.
- CPR/First Aid Certification is a graduation requirement for this certificate.
- Students are required to provide documentation (proof of payment and scheduled date) that they are registered to take one of the following exams:
 - American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)
 - American College of Sports Medicine Certified Exercise Physiologist (ACSM c-EP)¹
 - National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT)
 - National Strength and Conditioning Association Certified Strength and Conditioning Specialist (NSCA-CSCS)¹

¹ Both of these certificates require the student to be in their final semester of the baccalaureate degree.

For more information on what you can do with this major, visit Career Services' What to Do with a Major? (<https://www.coloradomesa.edu/career/students/explore/major.html>) resource.

All CMU certificate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Evaluate the functions of the individual body systems.
2. Identify risk factors associated with chronic disease.

3. Identify exercise cautions and other safety concerns.
4. Describe procedures for physiological assessments.
5. Demonstrate the ability to clearly communicate specialized knowledge.

Requirements

Each section below contains details about the requirements for this program. Select a header to expand the information/requirements for that particular section of the program's requirements.

To print or save an overview of this program's information, including the program description, learning outcomes, requirements, suggested course sequencing (if applicable), and advising and graduation information, scroll to the bottom of the left-hand navigation menu and select 'Print Options.' This will give you the options to either 'Send Page to Printer' or 'Download PDF of This Page.' The 'Download PDF of This Page' option prepares a much more concise presentation of all program information. The PDF is also printable and may be preferable due to its brevity.

Institutional Certificate Requirements

The following institutional requirements apply to all CMU Professional Certificates. Specific programs may have different requirements that must be met in addition to institutional requirements.

- Consists of 5-59 semester hours.
- Primarily 300-400 level courses.
- At least fifty percent of the credit hours must be taken at CMU.
- 2.00 cumulative GPA or higher in all CMU coursework.
- A grade lower than "C" in the program of study will not be counted toward meeting the certificate's requirements.
- A course may only be used to fulfill one requirement for each degree/certificate.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Certificate Requirements.
- The Catalog Year determines which program sheet and certificate requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

Program Specific Certificate Requirements

(33 semester hours, must earn a grade of "C" or better in each course.)

Additional notes about requirements for completion of this degree:

- At least 33 percent of the credit hours required for the certificate must be in courses numbered 300 or above.
- CPR/First Aid Certification is a graduation requirement for this certificate.
- Students are required to provide documentation (proof of payment and scheduled date) that they are registered to take one of the following exams:

- American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)
- American College of Sports Medicine Certified Exercise Physiologist (ACSM c-EP)¹
- National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT)
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Code	Title	Semester Credit Hours
BIOL 209	Human Anatomy and Physiology	3
BIOL 209L	Human Anatomy and Physiology Laboratory	1
KINE 100	Health and Wellness	1
KINA 128	Intermediate Weight Training	1
KINE 203	Human Nutrition	3
KINE 213	Applications of Physical Fitness and Exercise Prescription	3
KINE 297	Practicum	2
KINE 301	Health and Fitness Assessment	3
KINE 303	Physiology of Exercise	3
KINE 303L	Physiology of Exercise Laboratory	1
KINE 309	Anatomical Kinesiology	3
KINE 310	Methods of Exercise Instruction	3
KINE 403 or KINE 404	Advanced Strength and Conditioning Clinical Exercise Physiology and Advanced Exercise Prescription	3
KINE 405	Sports Nutrition	3
Total Semester Credit Hours		33

Advising and Graduation

Advising Process and DegreeWorks

Documentation on the pages related to this program is intended for informational purposes to help determine what courses and associated requirements are needed to earn a certificate. Some courses are critical to complete in specific semesters while others may be moved around. Meeting with an academic advisor is essential in planning courses and discussing the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended certificate.

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a certificate and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their certificate requirements (for one-semester certificates, complete in the first week of class):

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If your petition for graduation is denied, it will be your responsibility to apply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.