

## Personal Trainer Certificate (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 Jane E. Williams, Physical Education and Health Department Chair, [jwilliams@lakelandcc.edu](mailto:jwilliams@lakelandcc.edu) or phone 440.525.7802.

**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 has a prerequisite of high school chemistry or CHEM 1100, high school biology in the last five years; or BIOL 1200.*

BIOL 2210 . . . . .	Anatomy and Physiology I . . . . .	4
BIOL 2220 . . . . .	Anatomy and Physiology II . . . . .	4
BUSM 1300 . . . . .	Introduction to Business . . . . .	3
PEHR 1250 . . . . .	First Aid . . . . .	2
PEHR 1600 . . . . .	Exercise Physiology . . . . .	2
PEHR 1650 . . . . .	Health Fitness . . . . .	2
PEHR 1660 . . . . .	Diet and Weight Management Strategies for Sport and Fitness . . . . .	2
PEHR 1670 . . . . .	Instructional Techniques: Strength and Cardio Fitness . . . . .	2
PEHR 2500 . . . . .	Athletic Training . . . . .	2
PEHR 2750* . . . . .	Personal Trainer Internship/Seminar . . . . .	2
SPCH 1100 . . . . .	Effective Interpersonal Communications . . . . .	3
Choose courses from Program Options . . . . .		5-14
Choose course(s) from the Electives list . . . . .		3

**Certificate Total: 36-45**

*\*It is recommended that PEHR 2750 be completed as one of the last classes in the certificate. Please contact the Physical Education and Health Department Chair for an appointment one semester prior to enrolling in this course.*

### **Program Options Requirement:** minimum 5-14 credits

Students must choose all courses within at least one of the following options:

**Option 1** - Recommended for students interested in owning their own business

BUSM 1620 . . . . .	Entrepreneurship I: Principles of Marketing . . . . .	3
BUSM 1640 . . . . .	Entrepreneurship II: Entrepreneurial Startup and Planning . . . . .	2

**Option 2** - Recommended for students interested in working in the fitness industry

BUSM 2500 . . . . .	Principles of Marketing . . . . .	3
BUSM 2520 . . . . .	Marketing of Services . . . . .	3

**ECON 1150 . . . . .Basic Economics . . . . .**3

**OR**

**ECON 2600 . . . . .Principles of Microeconomics**

### **Electives:** minimum 3 credits

BUSM 1400 . . . . .	Professional Personal Selling . . . . .	3
PEHR 1750 . . . . .	Personal Health . . . . .	3