



PERSONAL TRAINER CERTIFICATE

Provides the educational background specific to individuals pursuing job opportunities within the sports and fitness industry. This certificate covers basic foundations needed to analyze human body functions and the means to train the body to achieve the highest level of performance. It prepares students with the knowledge and skills for certification testing and accreditation by certifying boards (i.e., American College of Exercise).

Job opportunities include personal trainer and/or positions available at fitness locations (i.e., health clubs, hospital fitness centers, corporate fitness centers, park districts, etc.).

Semester One – Fall

HTH 104	Science of Personal Health	3 credits
HTH120	Nutrition Science	3 credits
PED 153	Foundations of Exercise	3 credits
PED 195	Introduction to Sport Management.....	3 credits

Semester Two – Spring

PED 168	Theory and Practice of Weight Training	3 credits
PED 230	Techniques in Sport & Exercise Science.....	2 credits
Electives	See course catalog for a list of electives.	3 credits

Total 20 credits

For more information, call (708) 456-0300, Ext. 3358 or email juliannemurphy@triton.edu.



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