

Personal Training Certificate

Certificate of Completion (COC)

Covers content and skills necessary to become effective, credentialed personal trainers and to prepare for the American Council on Exercise (ACE) Personal Trainer Certification Exam. Equips with the skills and knowledge necessary to effectively train individual clients, catering to specific needs and situations, in the area of physical fitness. Explores motivational and marketing strategies. Examines program designs to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, muscular strength and endurance, and sports performance.

For a roadmap that identifies the preferred sequencing of courses and other specific recommendations from faculty, please see the corresponding program map(s):

- [Fitness Specialist Certificate of Completion \(COC\) \(Personal Training\) \(lowercolumbia.edu/program-maps/health/COC-Personal-Training\)](https://lowercolumbia.edu/program-maps/health/COC-Personal-Training)

Certificate Requirements

Total credits required to earn this certificate: 18

LCC students must meet distribution requirements for bachelor degrees, associate degrees, and specific certificates. See [Diversity and Distribution Lists \(lowercolumbia.edu/publications/catalog/distribution-lists/\)](https://lowercolumbia.edu/publications/catalog/distribution-lists/) for more information.

Program Requirements

Course Code	Course Title	Number of Credits
BIOL 179	Human Biology & Exercise	5
HLTH 105	First Aid, CPR and Bloodborne Pathogens	1
HLTH 135	Food and Fitness	2
PHED 128	Weight Training	2
PHED 285	Fitness Marketing	3
PHED 295	Personal Training Instruction	5

Program Outcomes

Students completing this program should acquire the following skills and abilities:

- Perform fitness assessments to evaluate clients' current physical conditions, including strength, flexibility, and cardiovascular fitness.
- Develop strong communication skills to build rapport and trust with clients, facilitating open dialogue about goals and progress. (GS - Communication)
- Demonstrate a solid understanding of human anatomy, physiology and biomechanics as they relate to exercise.

- Create personalized exercise plans that meet individual client goals, abilities, and preferences, including modifications for special populations. (GS - Critical Thinking)
- Adhere to industry standards and ethical guidelines in all interactions with clients and peers.
- Utilize motivational strategies to inspire clients, enhance adherence, and foster a positive training environment. (GS - Critical Thinking)
- Understand the fundamentals of marketing, client retention, and business management for personal trainers.

Notes

Revised November 2024 (effective Summer 2025)

Program planning is based on information available at the time of preparation. It is the student's responsibility to meet with their LCC advisor. Consult the LCC catalog for LCC graduation requirements.