

Hudson County Community College

# Personal Fitness Training Certificate



## Program Overview:

The program provides a knowledge base in scientific principles and requires the development of basic skills in exercise assessment. Prescription and programming in healthy populations, performance enhancement, nutritional principles applied to exercise and sports, patient/client interpersonal relations and professional ethics and behavior within a safe practice format, prepares graduates to sit for a national certification in Personal Training from any of the following: ACSM (American College of Sports Medicine), NASM (National Academy of Sports Medicine), NSCA (National Strength and Conditioning Association), and ACE (American Council on Exercise). Additional certificates in First Aid and CPR are available through their coursework.

The PFT certificate is seamlessly transferred into the HCCC Associate Degree in Science (A.S.) in Exercise Science.

## Program Goals:

1. Demonstrate knowledge of applied exercise physiology and anatomy, exercise programming, emergency procedures and safety, program administration, as well as overall facility and program management.
2. Design and implement safe, individualized fitness programs/prescriptions for clients, based on client personalities, abilities, goals, motivations, and nutritional recommendations.
3. Demonstrate healthy lifestyle choices for clients, employees, and general public.

## Program Admission Requirements:

\*Students must exit out of Basic English and receive medical clearance as prerequisites. Students may need a criminal background check and immunizations depending upon internship placement.

## Special Note:

Upon completion of the certificate, students may choose which of the credentialing agencies they wish to join and then sit for their specific credentialing exam. These exams and memberships vary in price, and the students are responsible for the cost of the exam and membership. Information about each agency will be explained to students during the program. All material for all exams are covered in the certificate program.

For further information, please contact the following:

Hudson County Community College  
Dr. Sheila J. Dynan, DMH, LCSW  
Director of Health Related Programs  
Nursing & Health Science Division  
201-360-4284  
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## FIRST SEMESTER

	<b>Course Title</b>	<b>Credits</b>
BIO 107	Human Biology	
	OR	
BIO 111	Anatomy & Physiology I	4
ENG 101	College Composition I	
	OR	
ENG 112	Speech	3
PFT 101	Foundations of Personal Training	3
PFT 110	Health Fitness Mgmt.	3
HLT 103	Principles of First Aid/CPR/AED	3
	<b>Total</b>	<b>16</b>

## SECOND SEMESTER

EXS 1xx	Sports Nutrition	3
PFT 202	Program Design & Implementation	3
PFT 220	Personal Fitness	3
PFT 230	Internship/Test Preparation	2++
EXS 230	Internship/Test Preparation	3++
HLT 124	Personal Health & Wellness	3
	<b>Total</b>	<b>14/15</b>
	<b>Total Credits</b>	<b>30/31</b>

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++ Students who wish to continue with the A.S. Degree in Exercise Science and want to transfer should take EXS 230 Internship/Test Preparation (3 credits). Consult with Program Director before registering.