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## PERSONAL TRAINING INTERNSHIP

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**PFT 240****Personal Training Internship****3.0 UNITS**

The internship in Personal Fitness Training affords students the opportunity to shadow and learn from current industry professionals in various types of fitness programs, including corporate fitness, wellness, and health care facilities. Students gain hands-on experience and develop health and fitness industry knowledge. Students apply their pre-existing knowledge in a real-world setting by interacting with clients and professionals. Each setting or placement is unique and individualized. Each student will complete a minimum of ninety (90) hours at the internship placement site. Students also receive weekly didactic reviews in preparation for a national personal training certification exam.