

**Certificate**  
in  
**Personal Trainer**

**FIRST YEAR – FALL SEMESTER**

Dept.	No.		Hrs.	Grade
ORI	100	College 101	1	_____
BIO	105	Humans in Society	4	_____
PED	126	Beginning Weight Training	1	_____
ALH	101	Cardiopulmonary Resuscitation	1	_____
PED	149	Intro to Personal Training	3	_____
PED	151	Fitness Assessment & Program Design	3	_____
PTR	250	Personal Training Beginner Practicum	<u>4</u>	_____
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**NOTES AND INFORMATION**

**Career Opportunities:**

John A. Logan College reserves the right to modify this curriculum guide as needed. Please verify with your academic advisor the accuracy and timelines of this document.

**FIRST YEAR – SPRING SEMESTER**

Dept.	No.		Hrs.	Grade
SPM	101	Intro to Sport Management	3	_____
PSY	132	Psychology	3	_____
HTH	100	Nutrition	3	_____
PED	152	Group Fitness Instruction	3	_____
PTR	251	ACE Certification Prep	1	_____
PTR	252	Personal Training Advanced Practicum	<u>4</u>	_____
			17	