

Certificate
in
Personal Trainer

Career Curriculum: PED2023
Minimum Hours: 26
Major Code: 1.2 310507
Effective Date: Spring 2025

FIRST SEMESTER

Dept.	No.		Hrs.	Grade
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>	_____
			12	

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.

SECOND SEMESTER

Dept.	No.		Hrs.	Grade
SPM	101	Intro to Sport Management	3	_____
PSY	132	Psychology	3	_____
HTH	100	Nutrition	3	_____
PTR	251	ACE Certification Prep	1	_____
PTR	252	Personal Training Advanced Practicum	<u>4</u>	_____
			14	