

Personal Trainer (PTR)

PTR 250 Personal Training Beginner Practicum

4 Hours

Prerequisites: None

8 hours weekly (0-8)

This course is designed to provide the practical information and skills necessary to lead group exercise sessions. Course content includes group fitness design, elements of leading a group fitness class, and safety considerations. Students must be able to actively participate in daily class workouts. This course provides students with an opportunity to combine their academic knowledge with practical, hands-on experience in a fitness center setting. Students will work within the Logan Fitness facility for a minimum of 8 hours per week for 16 weeks.

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PTR 251 ACE Certification Prep

1 Hour

Prerequisites: None

1 hour weekly (1-0)

This course prepares students to sit for the American Council for Exercise (ACE) personal training certification exam.

PTR 252 Personal Training Advanced Practicum

4 Hours

Prerequisites: None

8 hours weekly (0-8)

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