

PERSONAL TRAINING MINOR

Notes:

1. minimum grade ≥ 2.5 required for each course;
2. must obtain Personal Trainer Certification through an approved organization.

Required Courses

MKTG 310	PRINCIPLES OF MARKETING	4
PHED 334	PERSONAL TRAINING	3
PHED 350	PHYSIOLOGICAL KINESIOLOGY	4
PHED 360	ADVANCED PERSONAL TRAINING	3
Choose one of the following		2
PHED 333	GROUP EXERCISE INSTRUCTOR TRAINING	
or PHED 335	STRENGTH AND CONDITIONING PROLAB	
Choose one of the following		4
BUED 302	BUSINESS COMMUNICATION	
or CMST 312	NONVERBAL COMMUNICATION	
Professional Observation		
EXSC 388	EXERCISE SCIENCE PRACTICUM (2 credits required of variable credit course)	2
Total Credits		21-28

Student Learning Outcomes—Students will

- demonstrate competency in assessing physical fitness and developing an appropriate program to improve fitness of clientele with varying needs;
- understand the fitness industry and apply business marketing strategies including client acquisition, retention, and referral;
- achieve appropriate personal training certification exams.