

PERSONAL TRAINING MINOR

Personal training is a growing field, and a great career option for students from many fields of study across campus. Effective communication and business skills, coupled with knowledge of human anatomy & physiology and training theory are requirements for success in this lucrative industry. Students who complete the Personal Training minor will acquire the necessary skills to pursue careers in corporate wellness, commercial fitness centers, private training settings, as adjuncts to many medical facilities, and even to start an independent business.

Notes: must obtain Personal Trainer Certification through an approved organization.

Grade Requirements: minimum grade ≥B- required for each course.

Required Courses

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| 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

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| PHED 333 | GROUP EXERCISE INSTRUCTOR TRAINING | 2 |
| or PHED 335 | STRENGTH AND CONDITIONING PROLAB | |

Choose one of the following

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| BUED 302 | BUSINESS COMMUNICATION | 4 |
| or CMST 312 | NONVERBAL COMMUNICATION | |

Professional Observation

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| PHED 388 | PERSONAL TRAINING PRACTICUM (variable credit course-must complete 2 credits) | 2 |
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| Total Credits | | 21-22 |
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