

Personal Fitness Trainer Certificate (PFTC)

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The Personal Fitness Trainer Certificate prepares students to develop safe fitness programs focused on health maintenance for healthy individuals. Graduates may be employed by health clubs, fitness centers, or wellness centers. Job activities may include fitness testing, identifying risk factors, conducting individual and group exercise programs, counseling clients in behavior modification, and designing individualized fitness programs.

Graduates are prepared to take the American College of Sports Medicine (ACSM) Certified Personal Trainer exam.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit our Admissions Page (<http://www.cincinnati-state.edu/academics/admission>)

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Program Prerequisites: AFL 085 and AFM 092 (minimum grade of C for both) or appropriate placement scores, and meet with Program Chair.

Semester 1		Lec	Lab	Credits
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 151	Personal Fitness Trainer 1	3	2	3
HFT 130	Foundations of Health and Wellness Programs	2	2	3
Semester 2				
HFT 152	Personal Fitness Trainer 2	3	2	3
HFT 156	Establishing a Personal Training Business	3	0	3
HFT 182	Personal Fitness Trainer Practicum	1	7	2
Total Credits:		13	13	15

Faculty

Advisor

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