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 Council on Exercise (ACE) 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 the Admissions (http://www.cincinnatistate.edu/academics/admission/) section of the College website.

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Program Prerequisites: ENG 085 and MAT 093 (minimum grade of C for both) or appropriate placement scores, and meet with Program Chair.

First Year

Semester 1		Lec	Lab	Credits
FYE 1XX	First Year Experience Elective	1	0	1
EXS 130	Foundations of Health and Wellness Programs	2	2	3
EXS 151	Principles of Exercise Assessment and Prescription	2	2	3
DT 120	Nutrition for a Healthy Lifestyle	3	0	3
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
ENG 101	English Composition 1	3	0	3
Semester 2				
EXS 152	Exercise Programming	2	2	3
EXS 156	Establishing a Personal Training Business	3	0	3
EXS 182	Personal Fitness Trainer Practicum	1	7	2
EXS 255	Anatomical Kinesiology	3	0	3
PE 132	Resistance and Cardiorespiratory Training	0	2	1
COMM 1XX	Communications Elective	3	0	3
Total Credits:		24	15	29

Electives

First Year Experience Elective

FYE 100	College Survival Skills	1
FYE 105	College Success Strategies	2
FYE 110	Community College Experience	3
Communication Elective		
COMM 105	Interpersonal Communication	3
COMM 110	Public Speaking	3

Some courses are offered in alternative versions identified with a letter after the course number-- for example, ENG 101 and ENG 101A.

- This curriculum displays only course numbers without the added letter.
- The alternative version, when available, meets the requirements of the course version without the added letter.

Faculty

Program Chair/Advisor

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