

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.cincinnati-state.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 Success Strategies: Overview | 1 |
| FYE 105 | College Success Strategies: Overview and Application | 2 |
| FYE 110 | College Success Strategies: Practice and Application | 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

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
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Health and Public Safety Division Advising

(513) 569-1670