

## **Personal Trainer (PTR)**

### **PED 149 Intro to Personal Training**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course introduces students to the basics of the personal training profession. Students will learn proper communication techniques, the fundamentals of resistance training, the fundamentals of cardiorespiratory training, and the basics of other special exercise programming topics.

### **PED 151 Fitness Assessment & Program Design**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course will educate students on the basics of delivering fitness assessments as a personal trainer. Students will learn how to develop and implement comprehensive fitness programs for both individuals and groups from a broad range of varying physical abilities.

### **PED 152 Group Fitness Instruction**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course is designed to provide the practical information and skills necessary to lead group exercise sessions. Course content includes group fitness design, elements of leading a group fitness class, and safety considerations. Students must be able to actively participate in daily class workouts.

### **PTR 250 Personal Training Beginner Practicum**

4 Hours

Prerequisites: None

8 hours weekly (0-8)

This course is designed to provide the practical information and skills necessary to lead group exercise sessions. Course content includes group fitness design, elements of leading a group fitness class, and safety considerations. Students must be able to actively participate in daily class workouts. This course provides students with an opportunity to combine their academic knowledge with practical, hands-on experience in a fitness center setting. Students will work within the Logan Fitness facility for a minimum of 8 hours per week for 16 weeks.

### **PTR 251 ACE Certification Prep**

1 Hour

Prerequisites: None

1 hour weekly (1-0)

This course prepares students to sit for the American Council for Exercise (ACE) personal training certification exam.

### **PTR 252 Personal Training Advanced Practicum**

4 Hours

Prerequisites: None

8 hours weekly (0-8)

This course is designed to provide the practical information and skills necessary to lead group exercise sessions. Course content includes group fitness design, elements of leading a group fitness class, and safety considerations. Students must be able to actively participate in daily class workouts. This course provides students with an opportunity to combine their academic knowledge with practical, hands-on experience in a fitness center setting. Students

will work within the Logan Fitness facility for a minimum of 8 hours per week for 16 weeks.