

# ***CERTIFICATE OF COMPLETION***

## **Fitness Training**

This certificate of completion is designed to prepare students to sit for a national Certified Personal Trainer exam. It will cover the topics in the NSCA-CPT Detailed Content Outline, including client consultations; program planning; techniques of exercise; and safety, emergency procedures, and legal issues.

### **REQUIRED COURSE**

ES109   Conditioning & Strength in Training      4 Cr

**Required credits for this curriculum = 4**

**Students are required to earn a grade of 2.3 or higher in all courses for this certificate.**