You need to see a Counselor for specific recommendations about courses that will best meet your educational goals. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details.

For information about transferring, see: https://www.dvc.edu/enrollment/transfer/index.html

For information on careers in this field see: https://www.dvc.edu/enrollment/career-employment/index.html

**PROGRAM LEARNING OUTCOMES**

Students completing this program will be able to:

1. Conduct assessment of personal fitness levels.
2. Develop a conditioning program to improve conditioning levels utilizing the periodization model.
3. Design a conditioning program to meet the unique needs of special populations.

**Careers in**

- Obtain entry level employment as a personal trainer.