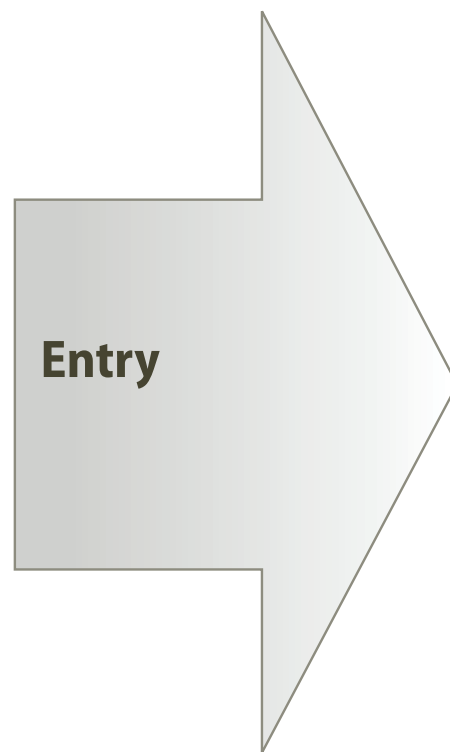


# Personal Training Certificate of Achievement



**REQUIRED**

<b>KINES 240</b> Principles of Optimizing Human Performance	<b>KINES 242</b> Exercise Techniques and Fitness Assessments
<b>KINES 246</b> Sport and Exercise Psychology	<b>KINES 250</b> Professional Aspects of Personal Training and Fitness Instruction
<b>KINES 254</b> Practical Experience in Personal Training and Fitness Instruction I	<b>KINES 255</b> Practical Experience in Personal Training and Fitness Instruction II

**PLUS at least 1.5 units from**

- COMM 128** Interpersonal Communication
- KINES 234** Introduction to Sports Medicine and Athletic Training
- KINES 252** Professional Aspects of Group Personal Training

**PLUS at least 3 units from**

- NUTRI 115** Nutrition and Health: Personal Applications
- NUTRI 120** Sports Nutrition: Fueling the Athlete
- NUTRI 160** Nutrition: Science and Applications

**PLUS at least 1 unit from**

- KNACT 146A** Theory and Practice of Strength Training and Fitness I
- KNACT 146B** Theory and Practice of Strength Training and Fitness II
- KNACT 146C** Theory and Practice of Strength Training and Fitness III
- KNACT 146D** Theory and Practice of Strength Training and Fitness IV
- KNACT 148A** Beginning Power Training

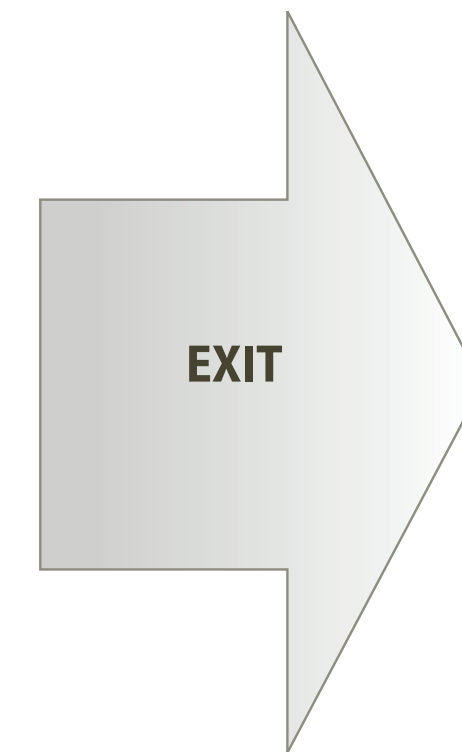
**PLUS at least 1 unit from**

- KNACT 110A** Beginning Hatha Yoga
- KNACT 110B** Intermediate Hatha Yoga
- KNACT 110C** Advanced Hatha Yoga
- KNACT 114A** Beginning Stretch and Yoga for Sports
- KNACT 114B** Intermediate Stretch and Yoga for Sports
- KNACT 120** Physical Fitness
- KNACT 122A** Beginning Body Sculpt
- KNACT 124A** Beginning Hips, Thighs and Abs
- KNACT 124B** Intermediate Hips, Thighs and Abs
- KNACT 126** Aerobics/Step Aerobics
- KNACT 128A** Beginning Cardio Kickboxing
- KNACT 128B** Intermediate Cardio Kickboxing
- KNACT 140** Indoor Cycling
- KNACT 142A** Beginning Boot Camp
- KNACT 144A** Beginning Super Circuit
- KNACT 144B** Intermediate Super Circuit
- KNDAN 105A** Pilates Mat Work I

**total minimum required units 24.5**

## 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.

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>

Required  
 Elective