

PERSONAL TRAINER, Certificate – Noncredit

Workforce Development/Healthcare Education

Personal Training is a career path in the fitness industry that requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity and awareness. HACC's Personal Trainer certificate includes coursework that includes exercise design and instruction. Students have the opportunity to work with the public on exercise activities, strength training and stretching, as well as fitness assessments. Students are taught scope of practice, coaching skills, and professionalism. Taking the nationally certified credentialing exam for personal trainers is also included in this curriculum. Applicants may register online. This 316-hour blended program is completed within 20-weeks. Classes are offered twice a week along with 8-hours of study through Virtual Learning. The complete program is available at the Harrisburg Campus.

Career Opportunities

This program prepares individuals for employment as a Personal Trainer in health clubs, fitness or recreation centers, gyms, country clubs, hospitals, universities, yoga and Pilate's studios, resorts, and clients' homes.

Competency Profile

Upon successful completion of the course, the student will be able to:

- Identify the key elements of how the body reacts and adapts to exercise
- Identify the role of vitamins and minerals in health and performance
- Demonstrate knowledge of basic human anatomy, physiology, biomechanics, and nutrition.
- Develop communication and coaching skills
- Conduct and interpret fitness assessments for each component of physical fitness - energy balance in weight management, body composition and performance
- Discuss and design interventions for clients using relevant behavior modifications
- Develop appropriate exercise programs within their scope of practice
- Sit for the American College of Sports Medicine (ACSM) Certified Personal Trainer (CPT) exam

PROGRAM REQUIREMENTS

Students complete this program within 20-weeks with classes meeting twice a week and 8-hours of study through Virtual Learning.

Introduction to the profession of personal training	Nutrition and human performance
Introduction to human anatomy	Initial client screening procedures
The business of personal training	Comprehensive fitness program design
Human musculoskeletal anatomy	Resistance training programs
Kinesiology and biomechanical principles	Cardiorespiratory training program
Introduction to exercise instruction & coaching techniques	Flexibility training & Functional movement assessment
Exercise physiology	Advanced program options
Fitness assessment	Special populations
Theories of behavior modification	ACSM CPT exam review