

PFT PLANNER

NAME:

Course	Quarter	Name	Cert	AAS	v
PFT 100	Fall 1	Personal Fitness Trainer Orientation	1	1	
PFT 120	Fall 1	Components of Exercise	5	5	
PE 160	Fall 1	First Aid, CPR, and AED	3	3	
*Related Instruction	Fall 1	(See page 2)	5	5	
Total Credits			14	14	

PFT 130	Winter 1	Exercise Fundamentals	3	3	
PFT 115	Winter 1	Client Consultation and Assessment	4	4	
PFT 145	Winter 1	Safety, Emergency Procedures and Legal Issues	2	2	
*Related Instruction	Winter 1	(See page 2)	5	5	
			14	14	

PFT 105	Spring 1	Program Design	4	4	
PFT 155	Spring 1	Business of Personal Training	3	3	
PFT 140	Spring 1	*Fitness Center Internship I	4	2	
*Related Instruction	Spring 1	(See page 2)	5	5	
			16	14	
			44	42	

Elective	Summer	(Any 100+ level course)		5	
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PFT 211	Fall 2	Exercise Science		5	
PFT 215	Fall 2	Functional Training		4	
**Related Instruction	Fall 2	(See page 2)		5	
				14	

PFT 235	Winter 2	Training Special Populations		3	
PFT 225	Winter 2	Athletic Performance		2	
**Related Instruction	Winter 2	(See page 2)		5	
**Related Instruction	Winter 2	(See page 2)		5	
				15	

PFT 230	Spring 2	Group Exercise		2	
PFT 240	Spring 2	*Fitness Center Internship II		2	
PFT 250	Spring 2	Care and Prevention of Athletic Injury		2	
**Related Instruction	Spring 2	(See page 2)		5	
**Related Instruction	Spring 2	(See page 2)		5	
				16	
				92	

***Certificate Related Instruction Courses (first year)**

Course	Quarter	Name	Credits	v
COMST& 101	Any	Introduction to Communication	5	
MATH 100+ OR BUSN 135 OR ACCTG 121	Any	Any 100+ Math OR Business Mathematics OR Practical Accounting	5	
BUSN 160	Any	Human/Labor Relations	5	

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****A.A.S. Related and Supporting Courses (second year)**

Course	Quarter	Name	Credits	v
ENGL& 101	Any	English Composition I	5	
NUTR& 101	Any	Nutrition	5	
BSTEC 120	Any	Modular Introduction to Microsoft Office	5	
BUSN 134	F/W/Sp	Principles of Salesmanship	5	
BIOL& 175	F/W/Sp	Human Biology with Lab	5	
Elective	Any		5	

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