

# ADVANCED PERSONAL TRAINER CERTIFICATE (R): 191B

Total Credits: 23-24  
Catalog Editions 19-20 through 24-25

Name:

Date:

ID #:

CERTIFICATE REQUIREMENTS	Course	Hours	Grade
	HLTH 121	3	
	HLTH 220	3	
	PHED 206	3	
	PHED 228	3	
	PHED 230	3	
	PHED 237	3	
	PHED 240	3	
<b>GROUP FITNESS ACTIVITY COURSE *1</b>			
<b>INDIVIDUAL FITNESS ACTIVITY COURSE *2</b>			

Overall GPA of 2.0 is required to graduate

## \*1 Group Fitness Activity Course

Select one course from the following courses:

PHED 155, PHED 156, or PHED 174.

Total Credits:

## \*2 Individual Fitness Activity Course

Select one course from the following courses: PHED 111, PHED 112,

PHED 125, PHED 131, PHED 137, PHED 149, or PHED 177.

[Advanced Personal Trainer Website](#)

Last Reviewed: July 2024

Advising Worksheet Contact: [Anthony Solano](#)

The personal trainer certificate curriculum is designed to develop fitness specialists who are knowledgeable and skilled in fitness, wellness instruction, and program design. The curriculum blends science and theory with practical application and hands-on experience.

Students will acquire an academic foundation in the fundamental principles of exercise and nutrition in addition to a basic understanding of human anatomy and physiology. Practical skill training will focus on the development of expertise in fitness assessment, health and fitness program design, safe exercise technique, training methodology, injury prevention and care, behavior change, exercise leadership, and personal training business practice.

The certificate curriculum offers the educational framework and competencies for career opportunities in the fitness industry. Successful completion of the certificate will prepare students for many of the nationally recognized personal training certification examinations and provides a course foundation for those interested in pursuing an AA in exercise science/health fitness specialist.

Students with questions about the Advanced Personal Trainer Certificate should consult with a Health program adviser (<https://www.montgomerycollege.edu/academics/program-advising/index.html#h>)

See an advisor to submit an Application for Graduation the semester BEFORE you intend to graduate.

**This UNOFFICIAL document is for planning purposes ONLY and completion does not guarantee graduation.**

This certificate is a career program and may not readily transfer to four year colleges/universities (except in special cases.) Visit transfer planning for more information.