

CERTIFICATE OF COMPLETION PERSONAL TRAINER/AGING ADULT

The Certificate of Completion Personal Trainer/Aging Adult Specialty prepares the student to become a Personal Trainer with an emphasis in working with the older adult.

PROGRAM STUDENT LEARNING OUTCOMES

Upon successful completion of this program the student will be able to:

- Provide a physical fitness plan for older adults, as well as younger clients.

- Develop skills in assessing the fitness level of their clients and provide them with sound activities to enhance their physical, social, environmental, emotional, and overall health.

GRADUATION REQUIREMENTS

Students must complete a minimum of 15 credit hours with a minimum Grade Point Average (GPA) of 2.0 (C) average or better. Nine (9) of the last 12 credits must be earned at Southwestern before the Certificate of Completion Personal Trainer/Aging Adult is awarded.

Complete the graduation application process one term prior to the term of completion (i.e., spring term graduates must apply during winter term).

FALL = 15 CREDITS

HE252 (3)
Standard First Aid & CPR
for Professional Rescuer

PE131 (3)
Introduction to
Health and PE

SOC230 (3)
Gerontology

PET264 (3)
Concepts of Individual
Fitness Programming

PE280P (3)
Practicum

15 CREDITS = TOTAL PROGRAM REQUIREMENTS

CERTIFICATE OF COMPLETION PERSONAL TRAINER/GROUP EXERCISE LEADER

The Certificate of Completion Personal Trainer/Group Exercise Leader prepares the student to become a Personal Trainer, Aerobics Instructor, and Group Exercise Specialist.

PROGRAM STUDENT LEARNING OUTCOMES

Upon successful completion of this program the student will be able to:

- Provide a physical fitness plan for older adults as well as younger clients.

- Develop skills in assessing the fitness level of their clients and provide them with sound activities to enhance their physical, social, environmental, emotional, and overall health.

GRADUATION REQUIREMENTS

Students must complete a minimum of 14 credit hours with a minimum Grade Point Average (GPA) of 2.0 (C) average or better. Nine (9) of the last 12 credits must be earned at Southwestern before the Certificate of

Completion Personal Trainer/Group Exercise Leader is awarded.

Complete the graduation application process one term prior to the term of completion (i.e., spring term graduates must apply during winter term).

FALL = 14 CREDITS

HE252 (3)
Standard First Aid & CPR
for Professional Rescuer

PE131 (3)
Introduction to
Health and PE

PET267 (2)
Group Fitness Concepts

PET264 (3)
Concepts of Individual
Fitness Programming

PE280P (3)
Practicum

14 CREDITS = TOTAL PROGRAM REQUIREMENTS