

PERSONAL TRAINER EXAMINATION PREPARATION

LETTER OF RECOGNITION (R): 821

Total Credits: 9

Catalog Editions 12-13 through 19-20

Name:

Date:

ID #:

LETTER REQUIREMENTS	Course	Hours	Grade
	HE 107/HLTH 113	2	
	HE 108/HLTH 121	3	
	PE 183/PHED 166	1	
	PE 202/PHED 206	3	

Grade of C in each course is required to graduate

Total Credits:

This letter of recognition is designed to prepare individuals interested in working in the fitness industry to successfully pass national personal training certifications such as ACE's Personal Trainer certification. Students will acquire the basic knowledge and skills to apply theoretical fitness information in practical real-life situations. Emphasis is on an understanding of the human body, lifetime fitness principles and training techniques, nutrition, weight control, and other related healthy lifestyle topics. Students will learn to assess the different components of health and fitness, and they will acquire skills in the design, implementation, and supervision of healthier lifestyle programs for healthy individuals. A grade of "C" or better is required in each course. This certification is designed so that individuals can complete this certification in one semester.

[Health Enhancement, Exercise Science, and Physical Education Website](#)

Last Modified: May 2019

Advising Worksheet Contact: [Anthony Solano](#)

Students with questions about the Personal Trainer Examination Preparation Letter of Recognition should consult with a Health Departmental adviser (**LaKisha Nickens-Gaither**, lakisha.nickens-gaither@montgomerycollege.edu)

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