

## ADVANCED PERSONAL TRAINER CERTIFICATE: 191B

Total Credits: 23-24

Catalog Edition: 2022-2023

### Program Description

(R): 191B

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.

### Program Outcomes

Upon completion of this program a student will be able to:

- Demonstrate knowledge and use of cardiovascular, respiratory, metabolic, and musculoskeletal risk factors and appropriate use of health histories, physician referrals, and informed consent.
- Demonstrate knowledge and use of appropriate fitness assessments for the following fitness components, cardiorespiratory, endurance, strength, flexibility, and body composition.
- Demonstrate knowledge and use of appropriate exercise program development for the following fitness components, cardiorespiratory, endurance, strength, flexibility, and body composition.

- Demonstrate knowledge and use of specific behavioral strategies to enhance exercise and health behavior change.
- Demonstrate knowledge and use of ability to communicate effectively and teach exercise participants proper exercise techniques, exercise progression, and lifestyle change strategies.

### Program Advisors

#### Rockville

- Prof. LaKisha Nickens-Gaither, 240-567- 7980,  
[Lakisha.Nickens-Gaither@montgomerycollege.edu](mailto:Lakisha.Nickens-Gaither@montgomerycollege.edu)

#### Takoma Park/Silver Spring

- Prof. Tonya Seed, 240-567- 1428,  
[Tonya.Seed@montgomerycollege.edu](mailto:Tonya.Seed@montgomerycollege.edu)

For more information please visit <https://www.montgomerycollege.edu/academics/programs/health-enhancement-exercise-science-and-physical-education/advanced-personal-trainer-certificate.html>

To view the Advising Worksheet, please visit <https://www.montgomerycollege.edu/documents/counseling-and-advising/advising-worksheets/current-catalog/191b.pdf>

2022-2023

# Program Advising Guide

An Academic Reference Tool for Students

191B

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## Program Requirements

A suggested course sequence for full-time students follows. All students should review this advising guide and consult an advisor.

### Program Requirements

HLTH 121 - Nutrition for Fitness and Wellness *3 semester hours*

HLTH 220 - Emergency Medical Responder *3 semester hours*

PHED 206 - Principles and Practices of Health-Related Fitness *3 semester hours*

PHED 228 - Group Fitness Instructor Training *3 semester hours*

PHED 230 - Advanced Weight Training: Theory and Program Design *3 semester hours*

PHED 237 - Fitness Assessment and Programming *3 semester hours*

PHED 240 - Personal Training Techniques *3 semester hours*

Group Fitness Activity Course *1-2 semester hours* \*1

Individual Fitness Activity Course *1 semester hour* \*2

## Total Credit Hours: 23-24

\*1 Group Fitness Activity Course: Select one course from the following courses: PHED 155, PHED 156, PHED 174.

\*2 Individual Fitness Activities: Select one course from the following courses: PHED 111, PHED 112, PHED 125, PHED 131, PHED 137, PHED 149, PHED 177.

## Transfer Opportunities

Montgomery College has partnerships with multiple four-year institutions and the tools to help you transfer. To learn more, please visit <https://www.montgomerycollege.edu/transfer> or <http://artsys.usmd.edu>.

## Get Involved at MC!

Employers and Transfer Institutions are looking for experience outside the classroom.

MC Student Clubs and Organizations: <https://www.montgomerycollege.edu/life-at-mc/student-life/>

## Related Careers

Some require a Bachelor's degree.

Personal Trainer/Manager, Group Fitness Instructor/Manager, Fitness Specialist – Corporate Fitness, General Manager – Commercial Fitness, Wellness Director.

## Career Services

Montgomery College offers a range of services to students and alumni to support the career planning process. To learn more, please visit <https://www.montgomerycollege.edu/career>

## Career Coach

A valuable online search tool that will give you the opportunity to explore hundreds of potential careers or job possibilities in Maryland and the Washington D.C. metropolitan area. Get started today on your road to a new future and give it a try. For more information, please visit <https://montgomerycollege.emsicc.com>

## Notes: