

# CERTIFICATE IN PERSONAL TRAINER STRENGTH AND CONDITIONING

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Units required for Certificate: 28

## Program Description

Kinesiology is an academic area of study concerned with the art and science of human movement.

## Program Requirements

Code	Title	Units
FACS 113		3
KINS 120	Strength and Conditioning	3
KINS 132	Planning, Designing and Managing a Fitness Center	3
KINS 137 or KINS 160	Sociology Of Sport Sport and Exercise Psychology	3
KINS 144	Analysis of Weight Training & Muscular Fitness	2
KINS 151	Kinesiology	3
KINS 152	Physiology Of Exercise	3
KINS 153	Cardiovascular Testing and Exercise Prescription	3
KINS 156	Care Of Athletic Injuries	3
KINS 194A or KINS 195A	Assigned Field Experience in Kinesiology Directed Field Experience in Kinesiology	2
<b>Total Units</b>		<b>28</b>