COUNTY COLLEGE OF MORRIS
CURRICULUM CHECK SHEET **#0950**
Requirements for Graduation **PERSONAL TRAINER**
Certificate of Achievement **Certificate of Achievement**

FALL 2026

COURSE	CODE	CR	GR	TR
Intro to Exercise Science	HES 111	3		
Personal & Family Nutrition	HED 115	3		
Personal Training & Program Design* **(offered in the Spring term only)**	HES 207	3		
First Aid & Emergency Care	HED 295	3		
Cardiopulmonary Resuscitation - CPR	HED 283	1		
Exercise Science Internship	HES 227	1		
HES Restricted Elective (1CR)		1		
Choose One Course from the following:				
Stretching & Strengthening	HES 125			
Personal Fitness	HES 126			
Weight Training	HES 127			
Yoga	HES 128			
	TOTAL	15		

NOTES:

This is an unofficial document and should be used for academic planning purposes only. All students are required to see their Academic Advisor each semester to discuss and approve their selection of courses before they register. Due to continual program revisions mandated by accrediting agencies and/or changes in state mandated requirements, students should consult their academic advisor when selecting courses.
If you need the name of your academic advisor, contact **973-328-5328.**

The Personal Trainer Certificate of Achievement does not require Math or English prerequisites. Students who complete all 15 credits with a GPA of 2.0 or higher, will be awarded the certificate. Students who receive a D grade in any course(s) must re-take the course(s) and achieve a C or higher grade.

To obtain the certificate all students must have the #0950 curriculum designation on their academic record. Dual admittance with an Associate degree is permitted, however students may also select the certificate as a stand-alone educational goal.

Upon completion of the required credits, students are eligible for graduation with a Certificate in Personal Training from CCM and may also sit for a National Personal Training Certification Exam. The completed certificate affords students more employment opportunities.

Due to continual program revisions mandated by accrediting agencies and/or changes in state mandated requirements, students should consult their academic advisor when selecting courses.

*HES 111 is a pre/corequisite for HES 207.

PERSONAL TRAINER
#0950
Suggested Sequence by Semester

SEMESTER I		CREDITS	SEMESTER II		CREDITS
Introduction to Exercise Science	HES 111	3	Personal Training & Program Design	HES 207	3
Personal & Family Nutrition	HED 115	3	First Aid & Emergency Care	HED 295	3
HES Restricted Elective		1	CPR	HED 283	1
			Exercise Science Internship	HES 227	1
	TOTAL	7		**TOTAL**	8

NOTES:

- The CPR course is available through the Workforce Development Division of the college. Students must present a valid American Heart Association CPR card (BLS for Healthcare Provider CPR) to the HES Department along with a valid student ID to receive one transfer credit for HED 283.
- HES 207 Personal Training & Program Design is only offered in the Spring semester.