COUNTY COLLEGE OF MORRIS
CURRICULUM CHECK SHEET
Requirements for Graduation
Certificate of Achievement

#0950
PERSONAL TRAINER
Certificate of Achievement

Name:_____
ID_____**Total Transfer Credits**_____

FALL 2021

COURSE	CODE	CR	GR	TR
Intro to Exercise Science	HES 111	3		
Personal & Family Nutrition	HED 115	3		
Personal Fitness	HES 126	1		
Weight Training	HES 127	1		
Program Design & Implementation	HES 107	3		
First Aid & Emergency Care	HED 295	3		
CPR	HED 283	1		
Field Experience	HES 106	1		
	TOTAL	16		

NOTES:

This is an unofficial document and should be used for academic planning purposes only. All students are required to see their Academic Advisors 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 requires no Math or English pre-requisites. Students who complete all 16 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.

In order 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, the student is 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 the student more employment opportunities.

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*HES 104 is a prerequisite for HES 106 & HES 107.

PERSONAL TRAINER
#0950
Suggested Sequence by Semester

SEMESTER I		CREDITS	SEMESTER II		CREDITS
Intro to Exercise Science	HES 111	3	Program Design & Implementation	HES 107	3
Personal & Family Nutrition	HED 115	3	First Aid & Emergency Care	HED 295	3
Weight Training	HES 127	1	CPR	HED 283	1
Personal Fitness	HES 126	1	Field Experience	HES 106	1
	TOTAL	8		**TOTAL**	8

The CPR course is available through the division of Corporate and Community Programs. 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 in order to receive one transfer credit for HED 283.