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

GR TR CODE CR Foundations of Personal Training **OR HES 104** 3 Intro to Exercise Science HES 111 Personal & Family Nutrition HED 115 3 Personal Fitness HES 126 1 Weight Training **HES 127** 1 HES 107 3 Program Design & Implementation First Aid & Emergency Care HED 295 3 **HED 283** 1 Personal Trainer Field Experience **OR HES 106** 1 **Exercise Science Internship HES 227** TOTAL 16

COURSE

CPR

#0950 PERSONAL TRAINER **Certificate of Achievement**

FALL 2023

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.

To obtain the certificate all students musthave 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.

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 prerequisite for HES 107.

PERSONAL TRAINER #0950 Suggested Sequence by Semester

SEMESTER I		CREDITS	SEMESTER II		CREDITS
Foundations of Personal Training OR	HES 104	3	Program Design & Implementation	HES 107	3
Intro to Exercise Science	HES 111		First Aid & Emergency Care	HED 295	5 3
Personal & Family Nutrition	HED 115	3	CPR	HED 283	1
Weight Training	HES 127	1	Personal Trainer Field Experience OR	HES 106	1
Personal Fitness	HES 126	<u>1</u>	Exercise Science Internship	HES 227	
	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.