

**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	3	
Personal & Family Nutrition		HED 115	3	CPR	HED 283	1	
Weight Training		HES 127	1	Personal Trainer Field Experience	OR HES 106	<u>1</u>	
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.