



2017-2018 PROGRAM REQUIREMENTS

Award: Professional Certificate

Program of Study: Personal Training

About This Major . . .

Students enrolled in the Personal Training certificate program should have a strong interest in fitness, health promotion, and personal training. Students will engage in practical experiences that will help them with the possibility of a future career in personal training. Students will explore subject areas that include: anatomy, physiology, kinesiology, nutrition, applications of physical fitness, and exercise physiology. This program is designed to provide the student with the knowledge required to pass national certification examinations to become a National Strength and Conditioning Association – Certified Personal Trainer (NSCA-CPT), National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (NSCA-CSCS), American College of Sports Medicine Certified Personal Trainer (ACSM-CPT), and/or American College of Sports Medicine Certified Exercise Physiologist (ACSM c-EP).

All CMU certificate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Evaluate the functions of the individual body systems.
2. Identify risk factors associated with chronic disease.
3. Identify exercise cautions and other safety concerns.
4. Describe procedures for physiological assessments.
5. Demonstrate the ability to clearly communicate specialized knowledge.

Advising Process and DegreeWorks

This document is intended for informational purposes to help determine what courses and associated requirements are needed to earn a certificate. Some courses are critical to complete in specific semesters while others may be moved around. Meeting with an academic advisor is essential in planning courses and discussing the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended certificate.

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a certificate and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their certificate requirements (for one semester certificates complete in the first week of class):

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If your petition for graduation is denied, it will be your responsibility to apply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.

INSTITUTIONAL CERTIFICATE REQUIREMENTS

The following institutional requirements apply to all CMU professional certificates. Specific programs may have different requirements that must be met in addition to institutional requirements.

- Consists of 5-59 semester hours.
- Primarily 300-400 level courses.
- At least fifty percent of the credit hours must be taken at CMU.
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Certificate Requirements.
- The Catalog Year determines which program sheet and certificate requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

PROGRAM-SPECIFIC CERTIFICATE REQUIREMENTS

- 32 semester hours for the Professional Certificate in Personal Training.
- 2.00 cumulative GPA or higher in the certificate is required.
- Must pass all courses with a "C" or higher.
- At least 33 percent of the credit hours required for the certificate must be in courses numbered 300 or above.
- CPR/First Aid Certification is a graduation requirement for this certificate.
- Students are required to provide documentation (proof of payment and scheduled date) that they are registered to take one of the following exams:
 - American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)
 - American College of Sports Medicine Certified Exercise Physiologist (ACSM c-EP)*
 - National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT)
 - National Strength and Conditioning Association Certified Strength and Conditioning Specialist (NSCA-CSCS)*

*Both of these certificates require the student to be in their final semester of the baccalaureate degree.

PROFESSIONAL CERTIFICATE: PERSONAL TRAINING REQUIREMENTS (32 semester hours)

- BIOL 209 - Human Anatomy & Physiology (3)
- BIOL 209L - Human Anatomy & Physiology Laboratory (1)
- KINA 128 - Int. Weight Training (1)
- KINE 213 - Applications of Physical Fitness & Exercise Prescription (3)
- KINE 234 - Prevention & Care of Athletic Injuries (3)
- KINE 297 - Practicum (2)
- KINE 301 - Health & Fitness Assessment (3)
- KINE 303 - Physiology of Exercise (3)
- KINE 303L - Physiology of Exercise Laboratory (1)
- KINE 309 - Anatomical Kinesiology (3)
- KINE 310 - Methods of Exercise Instruction (3)
- KINE 403 - Advanced Strength & Conditioning (3)
- KINE 405 - Sports Nutrition (3)