2015-2016 PETITION/PROGRAM SHEET
Award: Professional Certificate
Program of Study: Personal Training

About This Certificate . . .

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 such as the National Strength and Conditioning Association – Certified Personal Trainer (MSCA-CPT), the American Academy of Sports Medicine Certified Personal Trainer (ACSM-CPT), and the National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT) or Performance Enhancement Specialist (NASM-PES).

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.

NAME: _____ **STUDENT ID #** _____

LOCAL ADDRESS AND PHONE NUMBER: _____

_____ **( )** _____

I, (Signature)_____, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I have read and understand the policies listed on the last page of this program sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

_____ _____20_____
Signature of Advisor Date

_____ _____20_____
Signature of the Department Head Date

_____ _____20_____
Signature of Registrar Date

Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration.

CERTIFICATE REQUIREMENTS:

- 2.00 cumulative GPA or higher in the certificate is required
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- 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.
- A student must follow the CMU graduation requirements either from 1) the program sheet for the major in effect at the time the student officially declares a major; or 2) a program sheet for the major approved for a year subsequent to the year during which the student officially declares the major and is approved for the student by the department head. Because a program may have requirements specific to the degree, the student should check with the faculty advisor for additional criteria. It is the student's responsibility to be aware of, and follow, all requirements for the degree being pursued. Any exceptions or substitutions must be approved by the student's faculty advisor and Department Head.
- When filling out the program sheet a course can be used only once.
- See the "Undergraduate Graduation Requirements" in the catalog for additional graduation information.

PROFESSIONAL CERTIFICATE: PERSONAL TRAINING

(32 semester hours) Must pass all courses with a C or higher

Course No	Title	Sem.hrs	Grade	Term/Trns
BIOL 209	Human Anat & Physiology	3	_____	_____
BIOL 209L	Human Anat & Physiology Lab	1	_____	_____
KINA 128	Int. Weight Training	1	_____	_____
KINE 213	App. of Phys. Fitness & Exercise Pres	3	_____	_____
KINE 234	Prevent. & 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 Lab	1	_____	_____
KINE 309	Anatomical Kinesiology	3	_____	_____
KINE 310	Methods of Exercise Instruction	3	_____	_____
KINE 405	Sports Nutrition	3	_____	_____
KINE 403	Adv. Strength & Conditioning	3	_____	_____

POLICIES:

1. Please see the catalog for a complete list of graduation requirements.
2. This program sheet must be submitted with your graduation planning sheet to your advisor during the **semester prior to the semester of graduation, no later than October 1 for spring graduates, no later than March 1 for fall graduates.** You must turn in your "Intent to Graduate" form to the Registrar's Office **by September 15 if you plan to graduate the following May, and by February 15 if you plan to graduate the following December**.
3. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature. Finally, the Department Head will submit the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
4. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.
5. NOTE: During your final year, you will be required to take a capstone exit assessment/project (e.g,, Major Field Achievement Test).
6. NOTE: Students should consult the Financial Aid Office for eligibility requirements for undergraduate and graduate certificates