

# Fitness/Personal Trainer

## Certificate

### Frederick Community College Pathway

#### Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

**Full-time student:** Follow the green semester blocks in order.

**Part-time student:** Follow the blue course sequence at your own pace.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 (301.846.2625 TDD) for advising.

Students who require developmental English or Math coursework will need additional semesters to complete their certificate. Summer and January term classes may help students to make faster progress.



Take this course within the first 24 credits.



Milestone course – take within recommend credit range to stay on track for completion.



This course is offered in the fall semester only.



This course is offered in the spring semester only.

### 1 Recommended First Semester (Spring)

1	BI 103* or BI 107	Anatomy & Physiology* or Fundamentals of Human Anatomy	4 credits
2	HE 110	Nutrition Basics	1 credits
3	PE 108	Body Mechanics	1 credits
4	PE 154	Fitness for Living	3 credits

### 2 Recommended Second Semester (Fall)

5	PE 237	Exercise Psychology	1 credits
6	PE 241	Methods of Fitness and Conditioning	1 credit
7	PE 247	Methods of Strength Training	1 credits
8	PE 249	Fitness Assessment and Business Practices	 3 credits
9	PE 250	Care and Prevention of Athletic Injuries	3 credits

### 3 Recommended Third Semester (Spring)

10	PE 252	Essentials of Personal Training**	 4 credits
11	INTR 102	Internship**	2 credits

\* Students who take BI 103 must first take BI 55, BI 101, BI 120, or CH 101.

\*\* Students should do the internship in the same semester as PE 252, or if not, then in the semester immediately following. There are additional certification fees associated with PE 252. See program manager for details.