

Personal Training Certificate

Semester 1 – First 8 Weeks

Course Number	Course Name	Credits	Milestone	Completed
HLTH 1070	Nutrition	3	Yes	
EXSC 2100	Concepts of Training	3		
EXSC 1050	Weight Training	1	Yes	

Semester 1 – Second 8 Weeks

EXSC 2270	Essentials of Sport & Exercise Nutrition	3	Yes	
EXSC 2150	Science & Practice of Strength & Conditioning	3	Yes	

