

PERSONAL TRAINING - ASSOCIATE IN SCIENCE DEGREE, CERTIFICATE OF ACHIEVEMENT

Top Code:

0835.20

The Personal Training program is a Career and Technical Education (CTE) program designed for students who wish to gain the skills necessary to work as professional Personal Trainers. This program provides comprehensive training in anatomy, fitness assessment, and program design, equipping students to safely and effectively work with clients of various fitness levels and abilities. The curriculum also includes essential knowledge in the business of personal training, preparing students to work in gyms, health clubs, or as independent trainers, both in-person and online. Students in this program are trained to be evidence-based personal trainers, capable of designing safe, effective, and research-supported exercise programs. They learn how to motivate clients, prevent injuries, and promote long-term health and fitness goals. The program emphasizes rigorous physical conditioning and hands-on practice in both classroom and fitness center settings. Upon completion, students are prepared for entry-level positions in the fitness industry and are ready to pursue nationally accredited personal trainer certifications such as ACE (American Council on Exercise), NASM, NSCA, or other recognized certifying organizations.

A Certificate of Achievement is awarded upon completion of all required courses with a grade of C or better.

Program Outcomes

- Describe the importance of client-trainer relationships and effective communication techniques
- Evaluate the usage of fitness tools, equipment, and technology in personal training sessions
- Recognize basic anatomy and physiology concepts relevant to fitness training
- Demonstrate the importance of physical fitness and best practices for maintaining a healthy lifestyle
- Identify common risk factors and safety protocols to minimize injury during personal training sessions

Requirements for the Certificate of Achievement

Code	Title	Units
KINT 003	INTRODUCTION TO KINESIOLOGY	3
KINT 005	FIRST AID - RESPONDING TO EMERGENCIES	3
NUTR 025	NUTRITION FOR SPORT, EXERCISE, AND HEALTH	3
Choose 1 course		1
KINA 029B	INTERMEDIATE STRENGTH TRAINING	
or KINA 029C	ADVANCED STRENGTH TRAINING	

or KINA 030 FITNESS TESTING AND INDEPENDENT EXERCISE
 or KINA 032B INTERMEDIATE FITNESS ACTIVITIES
 or KINA 032C ADVANCED FITNESS ACTIVITIES
 or KINA 038 CARDIOVASCULAR CONDITIONING
 or KINA 039B BEGINNING CYCLING FOR FITNESS - STATIONARY, INDOOR
 or KINA 039C INTERMEDIATE CYCLING FOR FITNESS - STATIONARY, INDOOR
 or KINA 040B INTERMEDIATE YOGA
 or KINA 040C ADVANCED YOGA
 or KINA 045B INTERMEDIATE CROSS TRAINING
 or KINA 045C ADVANCED CROSS TRAINING
 or KINA 050B INTERMEDIATE WEIGHT TRAINING FOR WOMEN
 or KINA 050C ADVANCED WEIGHT TRAINING FOR WOMEN
 or KATH 007 STRENGTH DEVELOPMENT OF ATHLETES

KINT 007	MENTAL PERFORMANCE AND EXERCISE PSYCHOLOGY	3
KINT 048	PROFESSIONAL ACTIVITIES – FOUNDATIONS OF PHYSICAL FITNESS TRAINING	2
KINT 182	ANATOMICAL PRINCIPLES OF KINESIOLOGY AND FITNESS	3
WEXP 001	WORK EXPERIENCE/INTERNSHIP	1
Total Units		19

General Education Requirements for the Associate in Science Degree

- General Information (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/>)
- PCC Local Gen Ed (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#pcclocaltext>)
- Students who have previously been awarded a bachelor's degree or higher from a U.S. institutionally accredited institution shall be deemed to have fulfilled the general education and elective course requirements for the Associate in Science degree.
- Cal-GETC (<https://curriculum.pasadena.edu/degree-certificate-requirements/#calgetctext>)
- Students with rights to the former general education patterns can complete IGETC or CSU GE in lieu of Cal-GETC. Students should consult with an Academic Counselor to determine which general education pattern to complete and may refer to an appropriate archived College Catalog (<https://curriculum.pasadena.edu/previous-catalogs/>) or www.assist.org (<https://www.assist.org/>) for more information.