

# EXERCISE SCIENCE & PERSONAL TRAINING Certificate

## Program Description

Over the past decade, the percentage of American youth, adults, and seniors who are under fit and overweight has increased significantly, with associated escalation in degenerative diseases and health care costs. One solution to these problems is competent, certified exercise science/personal training professionals who can educate, motivate, and instruct inactive individuals to attain desirable levels of physical fitness with emphasis on muscular strength, cardiovascular endurance, joint flexibility, and body composition. This certificate program is designed for students who want to work as exercise instructors and/or personal trainers in YMCAs, fitness centers, or other exercise facilities. Completion of this program prepares students to pass a national personal trainer certification exam, such as that offered by the American Council on Exercise. This course of study provides relevant, research-based classroom instruction as well as practical exercise experience with diverse populations.

## Program Outcomes

Upon completion of the program, the student should be able to:

- Develop a philosophy of wellness/fitness that enhances quality of life for themselves and their clients.
- Design safe and effective exercise/fitness programs for youth, adults, and seniors.
- Educate and motivate clients to properly perform exercises that enhance muscular strength, cardiovascular endurance, joint flexibility, and body composition.
- Take a nationally recognized personal trainer certification examination.

Program Requirements – 21 credits total		Credits
EXS 101	Health Appraisal & Fitness Assessment	3 credits
EXS 102	Muscular & Cardiovascular Fitness	3 credits
EXS 115	Injury Prevention, Flexibility & Functional Training	3 credits
EXS 116	Strength Training & Endurance Exercise	3 credits
EXS 119	Bioenergetics & Biomechanics	3 credits
EXS 150	Nutrition for Fitness	3 credits
EXS 202	Exercise Program Design (S)	3 credits

Program Electives		Credits
EXS 201	Youth/Senior Fitness (F)	3 credits
HSC 149	Anatomy & Physiology for Healthcare Professionals	4 credits
<b>Total credits required for graduation</b>		<b>24 credits</b>

Additional Information
Students may transfer courses from accredited institutions. Science courses must have been completed within the past five (5) years at the college level.
All courses listed above may be applied to the Associate Degree Program in Exercise Science/Personal Training.
Note: All classes are offered in the fall and the spring unless otherwise designated:
F=Class is only offered in the Fall S=Class is only offered in the Spring

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Semester 1	Credits	Pre-Requisites
EXS 101 Health Appraisal & Fitness Assessment	3 credits	
EXS 102 Muscular & Cardiovascular Fitness	3 credits	
EXS 116 Strength Training & Endurance Exercise	3 credits	
EXS 119 Bioenergetics & Biomechanics	3 credits	
<b>Total</b>	<b>12 credits</b>	

Semester 2	Credits	Pre-Requisites
EXS 115 Injury Prevention, Flexibility & Functional Training	3 credits	
EXS 150 Nutrition for Fitness	3 credits	
EXS 202 Exercise Program Design	3 credits	EXS 102 and EXS 116
Program Elective	3-4 credits	
<b>Total</b>	<b>12-13 credits</b>	

## Semester Path:

Recommended course of study for a full-time student. It is recommended that students speak to an Academic Advisor before registering for courses each semester.

## Student Resources:

**Academic Advising**  
617-984-1720

**Dean's Office of Liberal Arts**  
617-405-5920

**Dean's Office of Natural and Health Science**  
617-405-5960

**Dean's Office of Nursing**  
617-405-5990

**Dean's Office of Professional Programs**  
617-405-5920

**Financial Aid Office**  
617-984-1620

**Registrar's Office**  
617-984-1650

**Student Accessibility and Academic Support Services**  
617-405-5915