

## LESS THAN ONE YEAR CERTIFICATE OF COMPLETION PERSONAL TRAINER/AGING ADULT SPECIALTY

The Less Than One Year Certificate of Completion Personal Trainer/Aging Adult Specialty prepares the student to become a Personal Trainer with an emphasis in working with the older adult.

### PROGRAM STUDENT LEARNING OUTCOMES

Upon successful completion of this program the student will be able to:

- Provide a physical fitness plan for older adults, as well as younger clients.
- Develop skills in assessing the fitness level of their clients and provide them with sound activities to enhance their physical, social, environmental, emotional, and overall health.

### GRADUATION REQUIREMENTS

Students must complete a minimum of 18 credit hours with a minimum Grade Point Average (GPA) of 2.0 or better. All courses in this program must be completed with a 'C' or better. One course must be completed at Southwestern before the Less Than One Year Certificate of Completion Personal Trainer/Aging Adult is awarded.

Complete the graduation application process one term prior to the term of completion (e.g., spring term graduates must apply during winter term).

PROGRAM REQUIREMENTS

18 CREDITS

**PE262 (3)**  
Development of Adult Fitness Programs

**HE252 (3)**  
Standard First Aid & CPR for Professional Rescuer

**PE131 (3)**  
Introduction to Health and PE

**SOC230 (3)**  
Gerontology

**PET264 (3)**  
Concepts of Individual Fitness Programming

**PE280 (3)**  
CWE Physical Education

**18 CREDITS = TOTAL PROGRAM REQUIREMENT**

## LESS THAN ONE YEAR CERTIFICATE OF COMPLETION PERSONAL TRAINER/GROUP EXERCISE LEADER

The Less Than One Year Certificate of Completion Personal Trainer/Group Exercise Leader prepares the student to become a Personal Trainer, Aerobics Instructor, and Group Exercise Specialist.

### PROGRAM STUDENT LEARNING OUTCOMES

Upon successful completion of this program the student will be able to:

- Provide a physical fitness plan for older adults as well as younger clients.
- Develop skills in assessing the fitness level of their clients and provide them with sound activities to enhance their physical, social, environmental, emotional, and overall health.

### GRADUATION REQUIREMENTS

Students must complete a minimum of 17 credit hours with a minimum Grade Point Average (GPA) of 2.0 or better. All courses in this program must be completed with a 'C' or better. One course must be completed at Southwestern before the Less Than One Year Certificate of Completion Personal Trainer/Group Exercise Leader is awarded.

Complete the graduation application process one term prior to the term of completion (e.g., spring term graduates must apply during winter term).

17 CREDITS

**PE262 (3)**  
Development of Adult Fitness Programs

**HE252 (3)**  
Standard First Aid & CPR for Professional Rescuer

**PE131 (3)**  
Introduction to Health and PE

**PET267 (2)**  
Group Fitness Concepts

**PET264 (3)**  
Concepts of Individual Fitness Programming

**PE280 (3)**  
CWE Physical Education

**17 CREDITS = TOTAL PROGRAM REQUIREMENT**