

**CERTIFICATE OF COMPLETION (CCL)
CGCC ADVISEMENT CHECKSHEET**

NAME:	CREDITS REQUIRED: 31-34	MAJOR: Strength and Conditioning Personal Trainer (5445)
STUDENT ID:	PROGRAM G.P.A.: 2.0	REQUIREMENT TERM: 2009-2010

The Certificate of Completion (CCL) in Strength and Conditioning Personal Trainer prepares students for employment in the fitness industry as Strength and Conditioning Personal Trainers/Coaches. This curriculum provides students with a fundamental knowledge of human physiology and anatomy, prevention and treatment of exercise related injuries, emergency response readiness, health appraisals and assessments; application of exercise fitness principles and strength training techniques; a fundamental knowledge of nutrition, weight control, stress management and exercise physiology, and biomechanics; skills in exercise testing and fitness measures as well as writing exercise prescriptions and program designs for diverse populations.

REQUIRED COURSES (31-34 CREDITS)			
	CRS	GRD	SEM
BIO160	4		
EXS112	3		
EXS125	3		
EXS130	3		
EXS145	3		
EXS275* OR EXS212CR AND EXS212FL AND EXS212SC	3-6		
EXS285* OR EXS139*	3		
HES154 OR BLS Health Care Provider and First Aid Certification	3		
HES271	3		
HES100 OR WED110	3		

* Indicates course contains prerequisite and/or co-requisite.

NOTE: Students must earn a grade of "C" or better in all courses within the program.