

Personal Trainer Preparation- Noncredit Certificate of Completion

Program Description: The Personal Trainer Preparation Certificate of Completion is designed to prepare students for the Certified Personal Trainer exam through the National Strength and Conditioning Association (NCSA). Students will learn the basics for instructing and coaching individuals in an exercise setting, as well as the CPR and First Aid skills needed when working as a personal trainer.

Program SLO: Students will be able to utilize knowledge of anatomical, physiological, and nutritional components and coaching principles to formulate a safe personal training workout for people of all ages and prepare for the National Strength and Conditioning Association Personal Training Exam.

Important Information:

For students interested in exploring other free noncredit courses through the COC School of Personal and Professional Learning please visit <https://www.canyons.edu/free> for an up to date list of course offerings and schedules.

For students interested in exploring credit courses and/or earning an Associate's degree and/or transfer, please follow up with the Counseling Office for additional information @ <https://www.canyons.edu/counseling> or (661) 362-3288/(661)362-3811.

Courses are sequenced based on recommendations by the [School of Personal and Professional Learning](#).

First Semester

FA = Fall; WI = Winter; SP = Spring; SU = Summer

Course	Title	Hours
NC.HLTH-001	Adult and Pediatric CPR, First Aid, and AED (FA, WI, SP, SU)	5-16
NC.HLTH-002	Personal Trainer Certificate Preparation (FA, SP)	36
NC.HLTH-003	Principles of Coaching (FA, SP, SU)	12
Total Hours:		53-64

Students who are not enrolled as credit or noncredit students will need to complete an application through Enrollment Services for School of Personal and Professional Learning. To enroll, go to www.canyons.edu/freeclasses and click on the "Applicants" tab.

Resources

School of Personal and Professional Learning - Health and Fitness:

<https://www.canyons.edu/academics/schools/ppl/health.php>

School of Personal and Professional Learning: www.canyons.edu/free

Enrollment Services (SPPL): <https://www.canyons.edu/freeclasses>

Counseling Department Website: www.canyons.edu/counseling

Employment Center Website: <https://www.canyons.edu/student-services/employmentcenter/index.php>

Certificate Request Form – Students must request their certificate once they completed all courses needed to earn a certificate. Before submitting a Certificate Request, please do the following: 1.) Know your 7 digit COC student ID number. 2.) Verify the certificate title and courses required. Browse the menu of certificate subject images on this webpage to find certificate titles and requirements. 3) Check you have completed all courses required with a "P" (passing) grade. Certificate request forms must be submitted through the School of Personal and Professional Learning website at www.canyons.edu/free