

CERTIFICATE PROGRAM

Danville Area Community College 2019-2020

Personal Training Certificate Program

Turn your passion for fitness into a career helping people lead healthier lives by becoming a certified personal trainer. Personal training has evolved into an exciting discipline that combines exercise, stretching, nutrition and more to set people on a path to better health.

The personal training curriculum is designed to ensure that students obtain the knowledge, skills and abilities for safe and effective exercise and fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals. To ensure this quality, students will sit for the ACE Personal Training Certification Exam, which is rooted in 30 years of science-based research from ACE, the world's largest nonprofit health and fitness certification organization. Becoming an ACE Certified Personal Trainer will give the student a career advantage and the expertise needed to stand out among peers with a certification accredited by the National Commission for Certifying Agencies (NCCA).

To receive the DACC Personal Training Certificate, students must successfully pass the ACE Personal Training Certification Exam.

REQUIRED COURSES	HOURS	F,S,I,SU	GRADE
First Semester			
HLTH 130 Nutrition	3		
PEMW 157 PT I: Client Centered Exercise Prescription *	3		
PEMW 153 Sports Psychology	3		
HLTH 102 Standard First Aid & Safety	2		
GSCI 105 Human Body Structure & Function (or BIOL 136)	3		
PEMW Fitness Center Course OR Group Fitness Course	1		
Total	15		
Second Semester			
PEMW 159 PT III: ACE Personal Training Capstone *	4		
BMGT 114 Principles of Management *	3		
BMGT 103 Customer Service	2		
PEMW 158: PT II: Exercise Science for Fitness Professionals *	3		
PEMW Group Fitness Course OR Group Fitness Course	1		
Total	13		
Total Hours	28		

All students must take the prerequisite coursework before registering for the personal training course sequence:
HLTH 102:

Standard First Aid & Safety and GSCI 105: Human Anatomy or higher.

Student planning to transfer to EIU, should take BIOL 136 instead of GSCI 105.

Gainful Employment:

For program costs, completion and graduate information see:

<https://www.dacc.edu/assets/pdfs/cguides/2018-2019/GEA/PersonalTrainer/31.0501-Gedt.html>