

Personal Training Level 1

Certificate Program

This personal training program 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			
PEMW 157 PT I: Fitness Professional Training *	3		
HLTH 102 Standard First Aid & Safety	2		
PEMW 153 Sports Psychology	3		
Total	8		
Second Semester			
PEMW 158: PT II: Exercise Science for Fitness Professionals *	3		
PEMW 159 PT III: ACE Personal Training Capstone *	4		
Total	7		
Total Hours	15		