

CERTIFICATE PROGRAM

Danville Area Community College  
2020-2021

Personal Training  
Certificate Program

Personal training has evolved into an exciting discipline that combines exercise, stretching, nutrition and more to set people on a path to better health. This personal training certificate program is designed for those that are interested in a career in personal training as well as operating their own business.

This certificate program provides instruction in customer services and management to assist potential gym or consulting business owners. Additionally, the personal training program 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
<b>First Semester</b>			
HLTH 130 Nutrition	3		
PEMW 157 PT I: Fitness Professional Training *	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		
<b>Second Semester</b>			
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 PEMW 159: PT III, HLTH 102, PEMW 157 and PEMW 158.

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

Gainful Employment:

For program costs, completion and graduate information see:

<http://www.dacc.edu/assets/pdfs/cguides/2020-2021/GEA/PersonalTrainer.pdf>