Program Objectives

The Advanced Personal Training and Exercise Science Program prepares students to find entry-level employment in the expanding field of personal training and health and fitness. Starting with a foundation of the skills needed to be a successful personal trainer, the student will expand their skill set to include industry demanded skills and knowledge. Graduates of the program will be exposed to information and receive training in techniques needed to work with clients of all ability levels and a wide variety of health and wellness environments.

Following the completion of the program, a graduate should have:

- Knowledge of the essential sciences related to health and fitness including: anatomy, exercise physiology, motor learning, and aspects of adult learning
- Knowledge of the elements of exercise prescription for: apparently healthy adolescent, teen, and adult populations; post-rehabilitative clients and clients with known risk factors or symptoms of disease; and athletic fitness.
- Knowledge of the elements of nutrition and its relationship to health and wellness.
- Knowledge of the business skills needed for personal success in the health and wellness field.
- Knowledge of the elements of client motivation and the connection between the mind and body.
- Ability to design an exercise prescription for a wide variety of clients.
- Ability to oversee a client’s performance of exercise including resistance, cardiovascular and flexibility training.
- Ability to counsel clients on healthy lifestyle choices.
- Ability to conduct a safe and effective group exercise class.
Example Occupations

- Certified Personal Trainer
- Group Exercise Instructor
- Gym Staff Member
- Nutrition / Supplement Store Associate
- Corporate Wellness Staff Member
- Fitness Instructor

Standard Occupational Classification codes (SOC) include, but are not limited to the following. Detailed information surrounding these classifications can be found at the following website – www.onetonline.org:

- 39-9031.00 – Fitness Trainers and Aerobics Instructors
- 39-9032.00 – Recreation Workers
- 11-9039.02 – Fitness and Wellness Coordinators

Program Completion

In order to graduate and receive an Occupational of Associates Studies Degree, a student must earn a minimum of 90.5 credits for the courses in the curriculum and have a cumulative grade point average of 2.0 or higher. Students who elect to do so may also sit for a wide variety of fitness certifications (a minimum of two attempts are included in tuition costs, the passing of which are not required for graduation).

Courses of Study

FIT-100 Introduction to Personal Training (3 credits)
This course focuses on the elements related to developing a lifelong approach to personal education and financial success, as well as the basic elements of wellness, including stress management.

Prerequisite: Admission to the program.

FIT-101 Medical and Clinical Terminology (3 credits)
A course covering common medical terms, with a focus on those commonly found in allied health.

Prerequisite: Admission to the program.

FIT-102 Law and Ethics for Business Professionals (2 credits)
This course covers the fundamentals of professional conduct and the reduction of professional liability for allied health professionals.

Prerequisite: Admission to the program.

FIT-103 Anatomy and Physiology (3 credits)
An overview of the human body and its major systems, with a focus on the musculoskeletal system.

Prerequisite: Admission to the program.

FIT-104 Fitness Screening and Testing (3 credits)
This course covers the fundamentals of conducting health screenings and risk stratifications as well as tests including body fat, cardiovascular condition, and flexibility.

Prerequisite: Admission to the program.

FIT-105 Introduction to Biomechanics (3 credits)
This course covers the basic principles of biomechanics, with a significant focus on injury prevention for both the allied health professional and the client.

Prerequisite: Admission to the program.

FIT-106 Introduction to Group Exercise (3 credits)
An overview of the field of group exercise and the various modalities taught in most fitness centers.

Prerequisite: Admission to the program.

FIT-107 College Nutrition (2.5 credits)
This course covers the fundamentals of nutrition, including macro and micronutrients and the fundamentals of how food is used by the human body.

Prerequisite: Admission to the program.
FIT-108 Weight Management (2.5 credits)
A course covering the principles of achieving effective and permanent changes in weight, depending upon client goals.
Prerequisite: Admission to the program.

FIT-109 Sales Management (2.5 credits)
An overview of the fundamentals of selling allied health services with a focus on the components of an effective sale and how to overcome reluctance toward selling.
Prerequisite: Admission to the program.

FIT-200 Cardiovascular Training and Programming (3.5 credits)
A course focusing on the guidelines and implementation of programs intended to improve cardiovascular health. Attention will be given to the effective communication of form and technique during cardiovascular training.
Prerequisite: Successful completion of FIT-103.

FIT-201 Resistance Training and Programming (3.5 credits)
A course covering the fundamentals of designing basic programs for hypertrophy, strength and endurance, with a focus on appropriate exercise selection and progression.
Prerequisite: Successful completion of FIT-103.

FIT-202 Proprioceptive Training and Programming (3.5 credits)
This course covers the principles of training clients for increased flexibility, balance and coordination.
Prerequisite: Successful completion of FIT-103.

FIT-203 Cardiovascular Training for Performance (3.5 credits)
This course covers the fundamentals of performance-oriented training and the role of cardiovascular training in reaching performance-oriented goals.
Prerequisite: Successful completion of FIT-103.

FIT-204 Resistance Training for Performance (3.5 credits)
This course covers the fundamentals of performance-oriented training and the role of resistance training in reaching performance-oriented goals.
Prerequisite: Successful completion of FIT-103.

FIT-205 Training for Special Needs (3.5 credits)
This course covers modifications to standard training programs for people with existing chronic or acute disease as well as the fundamentals of training special populations.
Prerequisite: Admission to the program.

FIT-206 Nutrition for Performance and Special Needs (2.5 credits)
This course covers the nutritional needs of those seeking to improve physical performance as well as the nutrition needs of special populations including as children, seniors, and pre-natal clients.
Prerequisite: Successful completion of FIT-107.

FIT-207 Business Management (3 credits)
This course covers the fundamentals of running and maintaining an allied health business.
Prerequisite: Admission to the program.

FIT-208 Coaching Psychology (2.5 credits)
This course covers the fundamentals of client motivation and coaching, with a focus on practical techniques for helping clients reach their stated goals.
Prerequisite: Admission to the program.

FIT-296 Fitness Practicum (12 credits)
This course provides the student an avenue to practice and refine the knowledge, skills and abilities learned in class and to receive direct feedback from the instructors.
Prerequisites: Successful completion of FIT-100 AND FIT-103.
FIT-299 National Testing Preparation (2 credits)
A course intended to prepare the student to take national certification exams, with a focus on test taking skills and self-directed review and improvement of weak areas of knowledge, skill, and ability.

* MATH-101 College Math (3 credits)
A course covering the foundations of mathematics that are required to be successful in the university environment.
Prerequisite: Admission to the program.

*ENGL-110 English Composition I (3 credits)
A course providing students with grammar-specific skills needed for success in the modern business environment; including but not limited to: sentence structure, relationships, sentence construction, and punctuation.
Prerequisite: Admission to the program.

*ENGL-111 Student Success and Technology Foundations (3 credits)
This course focuses on the elements related to developing a lifelong approach to personal education and financial success, as well as the basic elements of wellness, including stress management and the Bryan University Learning Model.
Prerequisite: Admission to the program.

*ENGL-112 English Composition II (2.5 credits)
A continuation of English Composition I focusing more on composition and research writing skills.
Prerequisite: Admission to the program.

*COMM-110 Communication Foundations (2 credits)
This course covers the important types of communication in business as well as focusing on improving oral communication.
Prerequisite: Admission to the program.

*CAR-110 Career Strategies (2 credits)
A course focusing on establishing proficiency in job search, resume writing, interviewing, and a portion dedicated to applicable business writing.
Prerequisite: Admission to the program.

*CRT-110 Critical Thinking (2 credits)
A course covering concepts essential to the comprehension, analysis and creation of arguments including induction, deduction, informal fallacies, Aristotelian and symbolic logic, modes of persuasion, perspective and bias, language and meaning, and culminating in the development of reasonable strategies for belief formation.
Prerequisite: Admission to the program.

*FINC-101 Finance Foundations (2.5 credits)
A course covering the basics of financial management including the ideas of banking, consumer credit, retirement, and investing.
Prerequisite: Admission to the program.

* Denotes a general education course