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| **COMMUNITY COLLEGE OF PHILADELPHIA**  **Proficiency Certificate** | |
| Name of Proficiency Certificate | Personal Training |
| Academic Pathway | Science and Technology  Health Care |
| Department | Biology |
| Faculty Developer | Brian F. Renna, Ph.D. |
| Facilitator | Cindy Giddle |
| New or Revised? | New |
| Recommended Starting Semester | Fall 2021 |
| Today’s Date | February 3, 2021 |

**Part 1: Rationale**

The Personal Training (PT) proficiency certificate is designed to provide students with the scientific knowledge and practical experience necessary to sit for the Personal Trainer Certification exam offered by the American College of Sports Medicine (ACSM), or comparable certifying organizations.

The Personal Trainer certification is an entry-level certification into the fitness industry that provides individuals with a strong foundation in the science and practice of physical fitness and wellness. A Certified Personal Trainer (CPT) is qualified to assess physical fitness and to design and implement an exercise program to enhance muscular and cardiorespiratory fitness, flexibility and body composition for healthy individuals or for those that have been medically cleared to exercise. CPTs are qualified to work in health clubs, corporate fitness centers, recreation centers, gyms, residential care facilities, with other health professionals, or independently.

There continues to be demand for trained fitness professionals. According to the Occupational Outlook Handbook, job growth for fitness trainers and instructors is expected to increase 15% nationally, between 2019 and 2029[[1]](#footnote-1). Regionally, job growth is expected to be greater than 10% in Pennsylvania and 17% in New Jersey, with projected annual job openings of 2,670 and 3,010, respectively.[[2]](#footnote-2)

Employment opportunities continue to increase for fitness professionals in response to several factors. According to the Bureau of Labor Statistics[[3]](#footnote-3), more individuals are seeking personal trainers to design and implement an exercise program to help them meet their personal health goals, as they seek to slow age-related declines in function to remain healthy, mobile, and independent. Businesses are incentivizing gym and health club memberships, recognizing that healthy employees are productive employees, and while obesity rates have generally leveled off in the last several years, approximately 40% of adults and 19% of children are considered obese[[4]](#footnote-4). As these individuals work to improve their health, job opportunities increase for fitness professionals.

Despite the projected job growth rate for fitness trainers in the region, there are very few institutions with a curriculum to specifically prepare students for a Personal Trainer certification. Camden County Community College and Montgomery County Community College are the closest institutions with a comparable certificate. Most four-year institutions in the area, such as Temple University and West Chester University, offer Bachelor’s degrees in Kinesiology or Physical Education, respectively, but do not have a clearly defined curricular track to a Personal Trainer certification. More advanced fitness certifications require a Bachelor’s degree, and interested students would be encouraged to further their studies at these or many other institutions with comparable programs.

**Part 2: Catalog Copy**

**Personal Training Proficiency Certificate**

**Description:** Certified Personal Trainers (CPT) are professionals qualified to assess physical fitness and to design and implement exercise training programs. Based on client interviews, risk stratification and baseline fitness assessments, a CPT can construct a training program to enhance the muscular and cardiorespiratory fitness, flexibility, and body composition of healthy individuals or for those that have been medically cleared to exercise. CPTs may be self-employed or may work in health clubs, corporate fitness centers, recreation centers, gyms, or residential care facilities. This certificate is designed to provide students with the scientific knowledge and practical experience necessary to sit for the Personal Trainer Certification exam offered by the American College of Sports Medicine (ACSM), or comparable certifying organizations. All credits earned towards the Personal Training Proficiency Certificate can be applied to earning a degree in Health Care Studies.

**Student Learning Outcomes:**

Upon completion of the Personal Training Proficiency Certificate, students will be able to:

* Assess physical fitness, including muscular strength and endurance, cardiorespiratory fitness, flexibility, body composition, and other anthropometric measures to establish a baseline for exercise program development
* Design and implement a training program based on information obtained from client interview, risk stratification, and baseline measures of physical fitness
* Educate clients using scientifically based health and fitness information and resources to enhance client knowledge, program enjoyment, adherence, and overall awareness of health and fitness related information
* Develop a business plan to both establish and support a career as a Certified Personal Trainer

**Program Entry Requirements:** This certificate is open to interested students. New students are normally required to take the College’s placement test at their time of entry. Students who are identified as needing developmental course work must satisfactorily complete the appropriate English and mathematics courses as part of the certificate.

**Program of Study and Graduation Requirements:** Successful completion of the certificate requires a C or better in all courses listed above. Achievement of a C or better in all courses requires the student to demonstrate competency as assessed using written and/or oral exams, demonstrations, writing assignments, projects, and participation in classroom activities.

**Course Sequence:**

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| --- | --- | --- |
| **Course Number and Name** | **Prerequisites** | **Credits** |
| PEH 105 - Principles of Fitness and Wellness |  | 3 credits |
| NUTR 106 - Nutrition for a Healthy Lifestyle |  | 3 credits |
| BIOL 108 - Essentials of Human Anatomy and Physiology |  | 4 credits |
| PEH 120 - Introduction to Weight Training |  | 2 credits |
| PEH 220 - Functional Training | PEH 120 with a C or better | 2 credits |
| PEH 230 - Structural Kinesiology | BIOL 108 or BIOL 109 and BIOL 110 with a C or better | 3 credits |
| PEH 240 - Exercise Physiology | BIOL 108 or BIOL 109 and BIOL 110 with a C or better | 4 credits |
| PEH 250 - Exercise Testing and Prescription | PEH 240 with a C or better | 4 credits |
| PEH 260 - The Business of Personal Training | PEH 240 with a C or better | 2 credits |

**Minimum Credits to Graduate: 27**

**For More Information, Contact:** The Division of Math, Science and Health Careers, Room W1-1, 1700 Spring Garden Street, Philadelphia, PA. 19130. Telephone (215) 751-8430

[**Gainful Employment Information:** The Office of Institutional Research will insert gainful employment information.]

**Courses and Completion Sequence**

The following courses and sequence of courses is designed for the optimal success and completion of the Personal Training degree/certificate. Any alterations should be discussed with your academic advisor.

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| --- | --- | --- |
| **Course Number and Name** | **Credits** | **Advisory Notes** |
| PEH 105 - Principles of Fitness and Wellness | 3 credits |  |
| NUTR 106 - Nutrition for a Healthy Lifestyle | 3 credits |  |
| BIOL 108 - Essentials of Human Anatomy and Physiology | 4 credits | Prerequisite for PEH 230 and PEH 240 |
| PEH 120 - Introduction to Weight Training | 2 credits | Prerequisite for PEH 220 |
| PEH 220 - Functional Training | 2 credits |  |
| PEH 230 - Structural Kinesiology | 3 credits |  |
| PEH 240 - Exercise Physiology | 4 credits | Prerequisite for PEH 250 and PEH 260 |
| PEH 250 - Exercise Testing and Prescription | 4 credits |  |
| PEH 260 - The Business of Personal Training | 2 credits |  |

**Part 3: Assessment Plan and Curriculum Map**

**Assessment Plan:**

| **Student Learning Outcome** | **How Assessed** |
| --- | --- |
| Assess physical fitness including muscular strength and endurance, cardiorespiratory fitness, flexibility, body composition, and other anthropometric measures to establish a baseline for exercise program development. | **PEH 105:** Lab Activities/Reports  **PEH 120:** Project  **PEH 240:** Lab Activities/Reports  **PEH 250:** Lab Activities /Reports |
| Design and implement a training program based on information obtained from client interview, risk stratification, and baseline measures of physical fitness. | **PEH 120:** Project  **PEH 220:** Project  **PEH 250:** Case Studies, Project |
| Educate clients using scientifically based health and fitness information and resources to enhance client knowledge, program enjoyment, adherence, and overall awareness of health and fitness related information. | **PEH 220:** Group presentation  **PEH 250:** Case studies |
| Develop a business plan to both establish and support a career as a Certified Persnal Trainer. | **PEH 260:** Business plan |

**Curriculum Map**

**Key: I**—Introduced **R**—Reinforced and opportunity to practice

**M**—Mastery at exit level **A**—Assessment evidence collected

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| --- | --- | --- | --- | --- |
| **Required**  **Courses** | **Proficiency Certificate Student Learning Outcomes** | | | |
| Assess physical fitness including muscular strength and endurance, cardiorespiratory fitness, flexibility, body composition, and other anthropometric measures to establish a baseline for exercise program development. | Design and implement a training program based on information obtained from client interview, risk stratification, and baseline measures of physical fitness. | Educate clients using scientifically based health and fitness information and resources to enhance client knowledge, program enjoyment, adherence, and overall awareness of health and fitness related information. | Develop a business plan to both establish and support a career as a Certified Personal Trainer. |
| PEH 105 | I, A | I, A | I, A | I |
| NUTR 106 |  |  | R |  |
| BIOL 108 |  |  |  |  |
| PEH 120 | R | R | R |  |
| PEH 220 |  | R | R |  |
| PEH 230 |  | R |  |  |
| PEH 240 | R |  | R |  |
| PEH 250 | M, A | M, A | M, A |  |
| PEH 260 |  |  |  | R, M, A |

1. Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, on the Internet at <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

   (visited September 28, 2020). [↑](#footnote-ref-1)
2. Long Term Occupational Projections, Fitness Trainers and Instructors, on the Internet at <http://www.projectionscentral.com/Projections/LongTerm> (visited September, 28th 2020). [↑](#footnote-ref-2)
3. Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, on the Internet at <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

   (visited September 28, 2020). [↑](#footnote-ref-3)
4. Center for Disease Control. Overweight and Obesity 2015-2016, on the Internet at <https://www.cdc.gov/obesity/index.html> (visited September 28, 2020) . [↑](#footnote-ref-4)