

**Highland Community College Suggested Program of Study  
Personal Fitness Trainer (Associate in Applied Science)**

Department of Labor statistics indicate Personal Fitness Training will be one of the fastest growing occupations over the next 10 years. Students successfully completing this degree program at HCC will be competent in the field of personal training. The Personal Fitness Trainer Program is recommended for those desiring employment after the two-year degree. The individual will obtain a solid background in the areas of fitness, nutrition and wellness.

<b>Course Number</b>	<b>Course Name</b>	<b>Credit Hour</b>
<b><u>Basic Skills</u></b>		
BUS 246B	Electronic Communication: Front Page	3
COL103	College Success & Orientation*	1
ENG101	College English I*	3
ENG102	College English II*	3
SP 106	Public Speaking*	3
<b><u>Humanities</u></b>		
	Humanities Elective	3
<b><u>Social &amp; Behavioral Sciences</u></b>		
PSY101	General Psychology*	3
<b><u>Mathematics or Science</u></b>		
BS 104	Human Anatomy w/Lab*	4
BS 105	Human Physiology w/Lab	4
BS 110	Nutrition	3
<b><u>Program Requirements</u></b>		
BS 241	CPR-Basic*	1
BUS112	Business of Personal Training*	3
PE 112	Personal & Community Health*	3
PE 113	First Aid and Safety*	3
PE 139A	Lifetime Fitness	3
PE150	Personal Trainer Filed Experience*	1
PE 150A	Personal Trainer Field Experience*	1
PE 150B	Personal Trainer Field Experience*	1
PE 150C	Personal Trainer Field Experience*	1
PE 210	Advanced Concepts in Personal Training	5
PE 224	Care and Prevention of Athletic Injuries	3
PE 250	Exercise Physiology*	3
PSY280	Health Psychology*	3
	General Elective	3
	PE Electives*	2

\* Core courses required to fulfill AAS degree program requirements

**Potential Employment Applications of Degree**

Job positions might include owning your own health club, working in a fitness center, becoming an aerobics instructor, wellness consultant, or personal and/or group coach.

