

NAME: _____

I.D.# _____

2009-10
PERSONAL TRAINER
Certificate

Personal Trainers acquire an academic foundation in the fundamental principles of exercise and nutrition, and a basic understanding of human anatomy and physiology. Practical skill training will focus on the development of expertise in fitness assessment, creative health and fitness programming, biomechanically sound exercise techniques, training methodology, lifestyle change prescription, personalized exercise leadership and business practices.

PROGRAM ADMISSION: Applicants for this program must make an appointment with the Program Coordinator, Pam Ethridge, Room T-138, (708) 709-3929 before registering for these classes.

PROGRAM REQUIREMENTS (35 credits)

_____	BIOL 108	4 cr	Essentials of Anatomy and Physiology
_____	BUS 101	3 cr	Introduction to Modern Business (<i>Prereq. Placement in ENG 099 or above</i>)
_____	FRESP 101	3 cr	First Responder
_____	HLTH 101	2 cr	Health and Wellness
_____	PES 210	2 cr	Lifestyle Fitness Coaching
_____	PES 215	3 cr	Group Fitness Instructor Training (<i>Prereq. Consent of Program Coordinator</i>)
_____	PES 220	3 cr	Fitness Assessment / Exercise Program Design I (<i>Prereq. Consent of Program Coordinator</i>)
_____	PES 225	2 cr	Weight Training: Theory and Application (<i>Prereq. Consent of Program Coordinator</i>)
_____	PES 230	3 cr	Nutrition for Sports and Exercise (<i>Prereq. Consent of Program Coordinator</i>)
_____	PES 235	3 cr	Athletic Training Techniques (<i>Prereq. Consent of Program Coordinator</i>)
_____	PES 250	3 cr	Introduction to Kinesiology (<i>Prereq. BIOL 108 or BIOL 221 & 222 and consent of Program Coordinator</i>)
_____	PES 298	1 cr	Internship Seminar (<i>Prereq. Concurrent enrollment in PE 299 and consent of Program Coordinator</i>)
_____	PES 299	3 cr	Internship for Personal Trainers (<i>Prereq. Concurrent enrollment in PE 298 and consent of Program Coordinator</i>)

_____ Attained a minimum grade point average of 2.0 in the courses identified in this certificate program.

Current cumulative GPA: _____

_____ Completed a minimum of one-half of the credit hours required as a student at PSC.

_____ Enrolled at PSC during the regular semester **immediately preceding** the awarding of the certificate.

_____ Filed a **Graduation Petition Form** with the Office of Admissions and Records.

Deadline for filing: October 1 for Winter, March 1 for Spring, July 1. (*December, May & August candidates may choose to participate in the annual May Commencement Ceremony. Deadline to apply for ceremony is March 1st*)

Credits	Credits	Credits	Credits
Required: 35	Completed: _____	In Progress: _____	Needed: _____

Advised By: _____

Date: _____

SIGNATURE: Counselor or Advisor or Faculty Advisor

This is an UNOFFICIAL evaluation. Official Evaluations must be requested in the Office of Admission

IMPORTANT PSC GRADUATION POLICIES

1. If the degree or certificate requirements are changed during your continuous attendance, you may elect to satisfy either the new requirements or the ones in force when you enrolled.
2. If you withdraw from Prairie State College for either a fall or spring semester, you must satisfy requirements in force at the time you re-enroll.
3. **Requests for COURSE SUBSTITUTIONS** in the program must be directed to the Program Coordinator. A Course Substitution Form must be signed by the Program Coordinator and submitted to the Office of Admissions and Records at least one semester prior to graduation.
4. Petitions for alteration of other graduation requirements must be submitted on a Student Appeal Form at least one semester prior to graduation.

DIVISION OF HEALTH PROFESSIONS

Program Coord:	Pam Ethridge	Room T-138	(708)709-3929	pethridge@prairiestate.edu
Dept Chair:	Marie Hansel	Room 2233	(708) 709-3648	mhansel@prairiestate.edu
Division Dean:	Gwen Dean	Room 2241	(708) 709-3766	gdean@prairiestate.edu

CAREER PLANNING/PLACEMENT INFORMATION:

Occupational Outlook Handbook, U.S. Department of Labor: <http://www.bls.gov/oco/home.htm>

Employment opportunities: www.collegecentral.com/prairiestate