

# Fitness/Personal Trainer

## Certificate

### Frederick Community College Pathway

#### Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

**Full-time student:** Follow the green semester blocks in order.

**Part-time student:** Follow the blue course sequence at your own pace.

**Students should meet with an advisor each semester** to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Students who require developmental English or Math coursework will need additional semesters to complete their certificate. Summer and January term classes may help students to make faster progress.



Take this course within the first 24 credits.



Milestone course – take within recommend credit range to stay on track for completion.



This course is offered in the fall semester only.



This course is offered in the spring semester only.

## 1 Recommended First Semester

1	Departmental Requirement	PHED 165 - Fitness for Living	3 credits
2	Departmental Requirement	BSCI 117 - Human Biology or BSCI 201 - Anatomy and Physiology I* (depending on their math placement score, students may have to co-enroll in a MATH A course when taking BSCI 117)	4 credits
3	Departmental Requirement	PHED 150 - Methods of Strength Training	1 credit
4	Departmental Requirement	PHED 152 - Methods of Fitness and Conditioning	1 credit
5	Departmental Requirement	NUTR 100 - Nutrition Basics	1 credit

## 2 Recommended Second Semester

6	Departmental Requirement	PHED 180 - Care and Prevention of Athletic Injuries	3 credits
7	Departmental Requirement	PHED 240 - Fitness Assessment and Business Practices	 3 credits
8	Departmental Requirement	PHED 250 - Essentials of Personal Training**	 4 credits
9	Departmental Requirement	INTR 102 - Internship (can be completed in the spring or summer term; may require evening hours depending on site)	2 credits

\*Students who take BSCI 201 must first take either BSCI 55, BSCI 150, BSCI 223, or CHEM 101.

\*\*Students may do the internship in the same semester as PHED 250 or in the semester immediately following for best practices.

There are additional certification fees associated with PHED 250. See program manager for details.