

Lakeland

COMMUNITY COLLEGE

PROGRAM GUIDE

Applied Studies Division

Personal Trainers

- Personal Trainer Certificate



Opportunity
starts **HERE**
lakelandcc.edu

Personal Trainer



Personal trainers serve an important role in society by providing exercise prescriptions and motivation to those needing to improve their physical fitness.

Personal trainers are professionals who work with clients to improve their physical health. Trainers first assess the fitness levels of their clients and then create specially designed exercise programs to meet the needs and goals. Programs can include exercises for cardiovascular health, stretching and flexibility and/or strength training as well as information on nutrition and wellness. Plans also include details on how improvement will be measured, the duration of services, the frequency of contact and how clients will receive feedback. Personal trainers can specialize in specific types of training, client populations or philosophies.

Career Opportunities

Personal trainers often work in health clubs, gyms, fitness facilities, recreation centers, and yoga studios. Some also provide services in client homes and through video feeds. Employment for trainers is expected to grow as businesses, healthcare institutions and insurance companies increasingly recognize the importance of the physical health of their employees and the benefits of supporting wellness initiatives.

Lakeland Community College Admission Requirements

For admission into Lakeland, students must be a high school graduate or have obtained a high school diploma equivalency. Please consult Lakeland Community College's Enrollment Guide (available on Lakeland's website at lakelandcc.edu/enrollment) for specific admissions requirements and procedures.

For more information

1.800.589.8520 • lakelandcc.edu
 Debra K. Barnick, M.ED.
 Professor and Program Director
 Phone: 440.525.7832 • dbarnick@lakelandcc.edu



Personal Trainer Certificate (0201)

This certificate is designed for students interested in becoming a personal trainer. Courses within this program will help students prepare for a certification exam. It is recommended that students pursue certification, but it is not required, nor is it part of the certificate program. Many of these courses may be applied towards an Associate of Arts or an Associate of Science degree, and may also be applicable for transferring to a four-year college. Students should consult a Lakeland counselor prior to beginning this program in order to ensure maximum transferability.

NOTE: Some courses in this certificate include prerequisites that are not included in the certificate. Students with equivalent knowledge and experience may request to have these prerequisites waived. Students who have not already taken the prerequisites and do not have equivalent knowledge and experience will need to take additional courses.

BIOL 2210 has a prerequisite of high school chemistry, or CHEM 1100, high school biology in the last five years; or BIOL 1200.

BIOL 2210	Anatomy and Physiology I	4
BIOL 2220	Anatomy and Physiology II	4
BUSM 1620	Introduction to Entrepreneurship	3
COMM 1100	Effective Interpersonal Communication	3
PEHR 1250	First Aid	2
PEHR 1550	Introduction to Personal Training	
PEHR 1600	Exercise Physiology	2
PEHR 1660	Diet and Weigh Management for Sports and Fitness	2
PEHR 1670	Instructional Techniques: Strength and Cardio Fitness	2
PEHR 1750	Personal Health	3
PEHR 2500	Athletic Training	2
PEHR 2750*	Personal Trainer Intership/Seminar	2

Certificate Total: 31

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit lkn.lakelandcc.edu/go/ge/?g=2513.

**It is recommended that PEHR 2750 be completed as one of the last classes in the certificate. Please contact 440.525.7832 for an appointment one semester prior to enrolling in this course.*

PEHR 1100 Individual Sports

PEHR 1100 Individual Sports

These specialized courses provide opportunities for students to learn about and participate in a variety of sports and lifetime activities. (2 contact hours: 2 lab)

PEHR 1101 Aerobic Conditioning

PEHR 1102 Aikido I

PEHR 1103 Aikido II

Prerequisite: PEHR 1102 or permission of instructor

PEHR 1104 Archery

PEHR 1105 Badminton

PEHR 1106 Basketball

PEHR 1107 Bowling

PEHR 1108 Dance-Ballet

PEHR 1109 Dance-Jazz

PEHR 1110 Dance-Modern

PEHR 1111 Golf

PEHR 1112 Karate I

PEHR 1113 Karate II

Prerequisite: PEHR 1112 or permission of instructor

PEHR 1114 Personal Self-Defense

PEHR 1115 Racquetball

PEHR 1116 Softball

PEHR 1117 Tennis

PEHR 1118 Volleyball

PEHR 1119 Fitness Walking/Jogging

PEHR 1120 Volleyball II/Wallyball

Prerequisite: PEHR 1118 or permission of instructor

PEHR 1121 Weight Training and Fitness Conditioning

PEHR 1122 Cardio Kickboxing

PEHR 1123 Stretch and Strength Training

PEHR 1124 Yoga

PEHR 1125 Zumba

PEHR 1126 Suspension Training

Class Descriptions (PEHR 1200-1800)

Classes are one to three credits.

PEHR 1200 – Sports Appreciation

Introduction to sport, recreation, health and fitness issues.

PEHR 1250 – First Aid

Analysis and correct application of first aid procedures with American Red Cross certification in Adult CPR and Responding to Emergencies.

PEHR 1500 – Health and Wellness

Introduction to topical health information and positive lifestyle choices for optimal health and wellness.

PEHR 1550 – Introduction to Personal Training

Introduction to the legal issues, program design, assessment history and personal qualifications of personal training professionals.

PEHR 1100 Individual Sports (continued)

PEHR 1550 – Introduction to Personal Training

Introduction to the legal issues, program design, assessment history and personal qualifications of personal training professionals.

PEHR 1600 – Exercise Physiology I

Fundamental principles of exercise physiology including movement, cardio-respiratory function, environmental influences, and optimizing performance for health and fitness.

PEHR 1650 – Health Fitness

Fitness and wellness lifestyles such as aerobic conditioning, nutrition, body composition, strength and endurance, and detection of disease and substance abuse.

PEHR 1660 – Diet and Weight Management Strategies for Sport and Fitness

Study of food and the effects on health, physical activity and performance as well as how to incorporate the knowledge into a fitness program.

PEHR 1670 – Instructional Techniques: Strength and Cardio Fitness Training

Methods of instruction in strength and cardio fitness, mental conditioning and equipment usage.

PEHR 1750 – Personal Health

Topical information for healthy lifestyle development, nutrition, dealing with stress and relationships, disease prevention, psychological health, parenting and environmental concerns.

PEHR 1800 – Recreational Program Planning and Development

Fundamentals of planning and developing a recreation program for a parks system with elements of partnerships, volunteerism, fitness and wellness education, budgeting, and personnel.

PEHR 2500 – Athletic Training

Introduction to the basic components of a comprehensive athletic training program, including injury prevention, recognition and rehabilitation.

PEHR 2750 – Personal Training Internship/Seminar

Practical experience working under direct supervision of a professional trainer in an off-campus setting.

PEHR 2800 – Methods of Teaching Elementary School Physical Education

Progressive teaching strategies with theoretical and practical experience in methods, organization, planning, assessment, and age-related activities.

Physical Therapy Certificate



Curriculum and program requirements are subject to change. Find the most up-to-date information in the college catalog, available on the website at lakelandcc.edu.



Quality Education

Lakeland prepares you for a high-demand career or for transfer to a four-year college or university. Professors at Lakeland are experts in their fields with real-world experience. Small class sizes allow for personalized attention.



Affordable Tuition

Save thousands on your college education. Lakeland's tuition is about one-third the cost of most four-year schools. Financial assistance is available, including federal and state grants, scholarships, loans, and work study employment.



Convenience

Lakeland offers convenient day, evening and weekend class times, and a growing number of online courses. The main campus in Kirtland is only 20 miles northeast of Cleveland. Classes are also offered in Madison.



Focus on Students

Lakeland offers a variety of student services to help you succeed, such as counseling, tutoring, wireless computer labs, career services, free parking, and affordable child care.



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