

2024 - 2025 Certificate Map

Personal Fitness Training

School/College: [College of Health Solutions](#)

Location: [Downtown Phoenix](#)

Program Requirements

The certificate consists of 18 credit hours, at least 12 of which must be upper division. A minimum grade of "C" (2.00 on a 4.00 scale) is required for each course.

Required Courses -- 15 credit hours

[EXW 215: Resistance Training and Recovery Techniques](#) (3)

[EXW 217: Cardiorespiratory and Flexibility Training](#) (3)

[EXW 335: Physical Activity and Physiological Concepts](#) (3)

[EXW 425: Exercise Prescription for Health and Wellness](#) (3)

[SSP 320: Coaching Leadership, Performance Team and Facility Management](#) (3)

Elective (choose one) -- 3 credit hours

[EXW 302: Fundamentals of Wellness](#) (3)

[EXW 400: Stress Management for Wellness](#) (3)

[HSC 355: Eating for Lifelong Health \(SOBE OR SB\)](#) (3)

[NTR 345: Development of Healthy Cuisines](#) (3)

Prerequisite courses may be needed in order to complete the requirements of this certificate.