

# Personal Fitness Training, Certificate

NHPFITCERT

Would you like a career helping others lead healthier lives through physical activity? Gain the knowledge and skills you need to assist people with their personal fitness training needs and improve their lives.

## Description

The personal fitness training certificate program provides students with the foundational knowledge and basic competencies they will need to develop evidence-based physical activity programs that the general population can use to achieve positive health changes.

After they complete the program, students have a deeper understanding of exercise program development and human physiology, allowing them to pursue personal training certification through most accredited associations. Students in this program obtain a well-rounded education on personal fitness through courses such as:

- cardiorespiratory and flexibility training
- exercise prescription for health and wellness
- resistant training and recovery techniques

This program does not prepare students to work with clients with special needs or existing health conditions.

## At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

## Program requirements

[2024 - 2025 Certificate Map](#)

## Certificate Map (Archives)

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.

## **Enrollment requirements**

**GPA Requirement:** 2.00

A student pursuing an undergraduate certificate must be enrolled as a degree-seeking student at ASU. Undergraduate certificates are not awarded prior to the award of an undergraduate degree. A student already holding an undergraduate degree may pursue an undergraduate certificate as a nondegree-seeking graduate student.

## **Program learning outcomes**

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Apply concepts of muscular and cardio-vascular physiological systems to make appropriate choices of movements for their clients.
- Teach exercises that promote better overall health for clients.
- Apply exercise science concepts to create safe and effective exercise training programs.

## **Career opportunities**

Students can improve their career options with an undergraduate certificate.

The certificate program in personal fitness training helps students become more marketable in the general health fields by providing them with specific content knowledge about exercise techniques, exercise program design, the positive impact that physical activity can have on overall health, and reductions in the risk for developing chronic disease.

## **Professional licensure**

ASU programs that may lead to professional licensure or certification are intended to prepare students for potential licensure or certification in Arizona. Completion of an ASU program may not meet educational requirements for licensure or certification in another state. For more information, students should visit the [ASU professional licensure](#) webpage.

## **Contact information**

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