



**CERTIFICATE OF COMPLETION (CCL)**  
GCC ADVISEMENT CHECK SHEET 2009-2010



The Personal Trainer Certificate of Completion (CCL) program is designed to develop skills in Personal Training and related technical skills necessary to provide and implement individual fitness programs and group exercise classes which are safe, motivational, and effective.

**Students are responsible for proper selection of courses and admission to University and professional programs.**

<b>Name</b>	<b>SID</b>	<b>Personal Trainer</b> <b>16 Credits      Major code: 5421</b> <b>Effective First Year/Term: 2009 Fall</b>
-------------	------------	---

Students must earn a grade of "C" or better for all courses required in the program.

<b>I. REQUIRED COURSES (16 Credits)</b>		<b>CRS</b>	<b>GR</b>	<b>SEM</b>
<b>First Semester</b>				
EXS142	Introduction to the Fitness Profession	3		
EXS125	Introduction to Exercise Physiology	3		
FON105	Nutrition Principles for Personal Trainers	3		
<b>Second Semester</b>				
EXS112	Professional Applications of Fitness Principles	3		
EXS130	Strength Fitness-Physiological Principles and Training Techniques	3		
<b>Third Semester</b>				
EXS139AA	Practical Applications of Personal Training Skills and Techniques Internship	1		