



# INDIANA UNIVERSITY

SCHOOL OF PHYSICAL EDUCATION  
AND TOURISM MANAGEMENT

Department of Kinesiology  
IUPUI

## CERTIFICATE IN PERSONAL TRAINING

(26-28 credit hours)

**Background:** There are currently no state or national licensing requirements for personal trainers. Many individuals identify themselves as personal trainers and establish their own businesses. The certificate program provides students with basic foundational knowledge and skills related to human anatomy, human physiology, exercise technique, and program design. This is **NOT** a certification in personal training. It is a certificate program that formally acknowledges the successful completion of academically relevant courses associated with the profession of personal training. The Certificate in Personal Training program is open to all IUPUI students, regardless of major.

**Prerequisites** for admission into this certificate program are:

\_\_\_\_\_ (1) admission to IUPUI (in good standing)

**Certificate Overview:** The certificate provides individuals with a basic understanding of the principles of personal training and prepares them for two national certification exams:

- (1) Certified Personal Trainer from the National Strength and Conditioning Association (NSCA)
- (2) Certified Personal Trainer from the American College of Sports Medicine (ACSM)
- (3) Certified Personal Trainer from the American Council on Exercise (ACE)

**This certificate does not, by itself, provide "certification".** All of the courses in the certificate program apply toward the BS in Physical Education - Exercise Science and Fitness Management and Personal Training degrees.

**An overall GPA of 2.0 and a grade of C or better in all HPER courses is required for the certificate.**

<u>Course Title</u>	<u>Credit Hours</u>	<u>Offered</u>	<u>Grade</u>
HPER P205 – Structural Kinesiology	3	F, SP	
HPER P215-Principles & Practice of Exercise Science	3	F, SP, SI	
HPER N220–Nutrition for Health	3	All	
HPER P246-Performance & Teaching of Cardiovascular & Resistance Training	3	All	
HPER P373-Resistance Exercise & Sports Conditioning	3	F, SP	
HPER P403-Rhythmic Aerobic Training	3	F,SP	
Anatomy and Physiology: BIO N212 + N213 + N214 + N215 or BIO N261 + N217	8 or 10	Check w/ BIO	
<b>TOTAL</b>	<b>26-28</b>		

\*\*Typical Scheduling Pattern: F = Fall, Sp = Spring, SI = Summer I, SII = Summer II; All 4 = F+Sp+SI+SII.

**Subject to change.**

Approved by Department of Physical Education Curriculum Council Spring 2001

Approved by Department of Physical Education Faculty Spring 2001

Approval from IUPUI Dean of Faculties/February 2002

Revised and approved by the Department of Physical Education faculty Fall 2011