

PERSONAL TRAINER

CERTIFICATION PREPARATION

In order to take the American College of Sports Medicine (ACSM) certification exam and become a certified personal trainer, students must have a high school diploma or equivalent and current certification in adult CPR (training must include a practical skills exam component, such as those offered by Central Oregon Community College, American Heart Association or American Red Cross). In order to best prepare for ACSM certification and gain an expanded knowledge of fitness areas, COCC recommends that students pursue the associate of science in exercise science degree. However, the following coursework will also give students the basic knowledge needed to sit for the exam. Note that some courses are offered in specific terms.

HHP 131	Intro to Exercise/Sports Science (fall)	3
HHP 212 or 212A	CPR: AHA Heartsaver (AED) with Pediatric CPR: AHA Health Care Providers	1
HHP 259	Care & Prevention/Athletic Injury (spring)	3
HHP 260	Intro to Human Movement (winter)	3
HHP 261	Basic Exercise Physiology (fall/winter)	3
HHP 262	Training Theory & Applications (spring)	3
HHP 266	Nutrition for Health	3
HHP 270	Sports & Exercise Psychology (winter)	3
HHP 295	Health & Fitness	3

Students are encouraged to work closely with a Health & Human Performance advisor prior to taking the test in order to determine the best course of study and preparation plan, as well as review exam requirements at www.acsm.org.

Effective for 2009–10 Academic Year



CENTRAL OREGON
community college

