

Name: \_\_\_\_\_ SID #: \_\_\_\_\_

**CERTIFICATE MAJOR: CERTIFIED PERSONAL TRAINER**  
**(Certificate of Achievement)**

CERTIFICATE REQUIREMENTS	Units	Other Colleges	Fa/Sp/Su and Year	Grade Earned
<b>REQUIRED CORE:</b>	10			
KINS 46 Princ. of Strength Trng/Cond. (3)				
KINS 47 Princ. of Exercise Prescription/Pgm Design (3)				
KINS 51 Fitness/Wellness Strategies (2)				
KINS 92 Practical Exp. in Pers'l Trng (1)				
PFIT 10A Beg. Weight Training (1)				
<b>Select four courses from the following:</b>	4			
PFIT 15A Core Matwork I (1)				
PFIT 17A Yoga I (1)				
PFIT 18A Aerobic Fitness I (1)				
PFIT 19A Body Sculpting I (1)				
PFIT 21A Flexibility/Relaxation Tech's I (1)				
PFIT 22A Fitness Through Swimming I (1)				
PFIT 23A Functional Fitness I (1)				
<b>TOTAL CERTIFICATE UNITS</b>	<b>14</b>			

	<b>C</b>
At least 12 units in the major in residence	
Completion of Major (Grade of "C" or better in each course)	

Counselor Signature: \_\_\_\_\_ Date: \_\_\_\_\_