



**SUNY NIAGARA**  
**Personal Training, Cert.**

**Overview**

This two-semester program will serve those who would like to work in the fitness industry as personal trainers. Core courses of Personal Training, Nutrition and Healthful Living make up the core of the curriculum. The life sciences component of Human Biology paired with the elective, Kinesiology, prepares students with a practical and applicable understanding of the human body.

**Careers**

Careers related to your program of study:

- Personal Trainer
- Group Fitness Instructor
- Health & Wellness Coach
- Lifestyle & Weight Management Consultant

*Some careers may require more specialized education.*

**Contact**

**Program Coordinator**

John D Strong  
 716-614-6272  
[jstrong@niagaracc.suny.edu](mailto:jstrong@niagaracc.suny.edu)

**Division**

Nursing, Physical & Allied Health  
 716-614-5940

*Visit full catalog for specific course offerings for each semester:*

[www.niagaracc.suny.edu/programs/ptrn](http://www.niagaracc.suny.edu/programs/ptrn)

**Program Requirements**

**First Semester**

	<b>Credits</b>
BIO 117 - Human Biology	4
BIO 117L - Human Biology Lab OR	0
BIO 213 – Human Anatomy and Physiology I	4
BIO 213L – Human Anatomy and Physiology I Lab	1
ENG 101 - Writing I	3
HED 201 - Healthful Living	3
HED 205 - Nutrition & Health	3
MAT 105 - Mathematics for Consumers OR	
MAT 106 - Contemporary Mathematics	3
<b>Total Credit Hours:</b>	<b>16/17 Cr.</b>

**Second Semester**

BUS 113 - Fundamentals of Marketing OR	
BUS 122 - Small Business Management OR	
HPE 225 - Kinesiology/Exercise & Sport	3
HED 214 - Advanced First Aid and CPR	2
HPE 260 - Personal Trainer	3
HPE 261 - Personal Training Field Placement	1
PED 144 - Total Body Training OR	
PED 155 - Weight Training OR	
PED 255 - Advanced Weight Training	1
PSY 110 - Introduction to Psychology	3
SPE 101 - Speech Communication OR	
SPE 102 - Public Speaking OR	
SPE 103 - Interpersonal Communication	3
<b>Total Credit Hours:</b>	<b>16 Cr.</b>