



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

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Division

Nursing, Physical & Allied Health

716-614-5940

Visit full catalog for specific course offerings for each semester:

<https://sunyniagara.edu/courses/personal-training-certificate/>

<https://tinyurl.com/r75sc643>

Program Requirements

First Semester

	Credits
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

Total Credit Hours:

16/17 Cr.

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 155 - Weight Training	OR
PED 255 - Advanced Weight Training	1
PSY 110 - Introduction to Psychology	3
SPE 101 – Foundations of Communication	OR
SPE 102 - Public Speaking	OR
SPE 103 - Interpersonal Communication	3

Total Credit Hours:

16 Cr.

The information provided is subject to change throughout the academic year. 3/10/2026