

# Personal Fitness Trainer

## Diploma

<b>Core Courses - 798 Clock Hours</b>	Clock Hours
PFT 100 Fitness Anatomy & Physiology 1 .....	66
PFT 110A Exercise Psychology .....	33
PFT 120 Fitness Anatomy & Physiology 2 .....	66
PFT 140 Exercise Physiology .....	66
PFT 200 Kinesiology .....	66
PFT 220 Fitness Training Lab 1 .....	88
PFT 230 Fitness Management .....	33
PFT 240A Wellness & Nutrition .....	66
PFT 260 Fitness Training Lab 2 .....	88
PFT 290 Fitness Trainer Externship .....	226
<b>Total Clock Hours</b>	<b>798</b>

## Core Courses - 56 Credits

PFT 100 Fitness Anatomy & Physiology 1 .....	6
PFT 110A Exercise Psychology .....	3
PFT 120 Fitness Anatomy & Physiology 2 .....	6
PFT 140 Exercise Physiology .....	6
PFT 200 Kinesiology .....	6
PFT 220 Fitness Training Lab 1 .....	6
PFT 230 Fitness Management .....	3
PFT 240A Wellness & Nutrition .....	6
PFT 260 Fitness Training Lab 2 .....	6
PFT 290 Fitness Trainer Externship .....	8
<b>Total Credit Hours</b>	<b>56</b>