

PERSONAL TRAINER - CERTIFICATE

Offered at: Big Sandy Community and Technical College

Program Plan Number: 5109993029

Course	Title	Credits
Select one of the following three options:		3
MIT 103	Medical Office Terminology	
CLA 131	Medical Terminology from Greek and Latin	
AHS 115	Medical Terminology	
CPR 100	CPR for Healthcare Professionals	1
SFA 100	Safety and First Aid	1
BAS 200	Small Business Management	3
or BAS 288	Personal and Organizational Leadership	
MSG 100	Musculoskeletal Anatomy & Physiology I	4
or BIO 135	Basic Anatomy and Physiology with Laboratory	
KHP 150	Personal Health Behavior	3
KHP 160	Personal Nutrition and Fitness	3
KHP 225	Exercise Techniques and Physical Training	3
KHP 235	Personal Trainer Practicum	2
Total Credits		23