Personal Trainer
Certificate in Applied Science

Mission Statement:
Our goal is to equip our graduates with a skill set that will make them among the most qualified and competitive personal trainers in the southeastern United States.

Entrance Requirements:
Acceptable placement test score of placement Into ENG 101 and MAT 155, plus high school diploma or GED

Type of Program:
Day only

Professional Credentials:
Upon successful completion of program requirements, students are prepared to sit for the American College of Sports Medicine (ACSM) Certified Personal Trainer exam and receive a voucher to register for the exam for free for up to one year after program completion.

Employment Opportunities:
Private practice, physical fitness facilities, resorts, wellness centers, parks and recreation programs

- This program prepares students for entry-level employment opportunities as personal trainers.
- This program is located at Greenville Tech's Benson Campus.
- Certificate students may begin the two semester day program in the fall and spring semesters. The curriculum is a “package;” all first semester courses must be taken together, and all second semester courses must be taken together in the subsequent semester. (Students starting in spring must complete the certificate in summer.)
- To complete program requirements, students must obtain a minimum grade of “C” in all courses.
- Prior to registration, students are required to attend a Career Talk for this program. Prior to beginning classes, students must attend a program acceptance meeting.
- Once admitted to the program, students must have a negative 10-panel drug screen report and pass a background check to continue in the program.
- Students will have the opportunity to become CPR/AED certified before program completion.

Semester Program Schedule (Two)

First Semester
SFT 104 Anatomy & Physiology for Fitness Professionals 1 3.0
SFT 109 Lifetime Fitness & Wellness 3.0
SFT 125 Personal Training Techniques 3.0
SFT 105 Fitness Assessment & Exercise Program Design 3.0

Second Semester
SFT 110 Weight Training Theory & Application 3.0
SFT 202 Internship for the Personal Trainer 3.0
SFT 101 Introduction to Exercise Physiology 3.0
SFT 107 Nutrition for Fitness & Training 3.0

Total credit hours 24.0

1 Students who intend to complete the associate degree option must take BIO 210 and BIO 211 in addition to SFT 104.

**NOTE: General Technology Associate in Applied Science Degree is also available. Students must meet with the department head of the Wellness and Fitness Department to determine specific roadmap for completion.

Visit www.gvltec.edu/gainful-employment for important information about the educational debt, earnings and graduation rates of students who attended programs.