



Program Map 2018-2019 College Credit Catalog

Exercise Science: Personal Fitness Trainer

Certificate: Personal Fitness Trainer (C1)



EDUCATION

Program Description: The Exercise Science Program offers an educational avenue for individuals interested in a career in the fitness industry as a support staff in a fitness facility or personal fitness trainer. The program offers a curriculum that integrates practical learning skills with current exercise related principles such that the graduate can enter the workforce as an employee with the practical, educational and interpersonal skills needed to function in the fitness industry. The program also provides the opportunity for professional development, general public education and preparation for national exams offered through ACE, NSCA and ACSM.

Contact:

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Department Website:

pss.austincc.edu/exercise/

The **Personal Fitness Trainer Level 1 Certificate** is a thirty-five hour program designed to train individuals who seek employment as a Personal Fitness Trainer. This certificate is designed to offer focused instruction in the field of exercise science with specific training in fitness evaluation and testing, program design and implementation, and advanced training methods and nutrition. Along with appealing to individuals who want to learn the skills and knowledge to be a Personal Trainer, this is also an excellent choice for current professionals. Please visit pss.austincc.edu/exercise/ for more information.

NOTE: Acceptance into ACC does not guarantee acceptance into the Exercise Science Program. No criminal background check or immunization records are required unless placement utilizes a medical clinical as part of the practicum.

Program changes may not be reflected in the current ACC Catalog publication. Please access the most up-to-date information on the department website.

*Use this **Program Map** to choose courses with your college advisor and track your progress towards milestones and completion of program.*

Pre-Degree Requirements		
Program Specific	Reading and Writing Placement <i>Placements based on TSI</i>	Mathematics Placement <i>Placements based on TSI</i>
<p>The application deadline for the Fall semester is March 1. Prerequisite courses can be in progress but must be completed by May 31.</p> <p>The following are program requirements:</p> <ol style="list-style-type: none"> 1. Admittance to ACC. 2. TSI status is complete or exempt. 3. Complete the Information Session. This can be completed online. 4. Complete and submit the Personal Fitness Trainer online program application. 5. The Department Chair will contact you to schedule a meeting. If accepted, the Department Chair will complete a certificate or AAS degree plan to follow for registration. 	<input type="checkbox"/> Basic Developmental Courses <input type="checkbox"/> ESOL Courses <input type="checkbox"/> INRW Courses	<input type="checkbox"/> NCBM and MATD courses paired with MATH courses <input type="checkbox"/> NCBM and MATD courses
SEMESTER-BY-SEMESTER PROGRAM PLAN FOR FULL-TIME STUDENTS <i>Plans can be modified to fit the needs of part-time students by adding more semesters</i>		

Semester 1	CR	Advising Notes
BIOL 2404 - Introduction to Anatomy and Physiology OR BIOL 2401 - Anatomy and Physiology I	4	Students pursuing the AAS in Exercise Science should select BIOL 2401. Prerequisite(s) for BIOL 2401: High school biology with proof of competency through ACC department exam.
FITT 1401 - Fitness and Exercise Testing	4	
FITT 2301 - Lifestyle Change for Wellness	3	
FITT 2333 - Fitness Industry Operations and Technology	3	
BIOL 1322 - Nutrition and Diet Therapy	3	
	17	Program Semester Hours / Meet with your program advisor

Semester 2		
FITT 2409 - Theory of Exercise Program Design and Instruction	4	Prerequisite(s): BIOL 2401 or BIOL 2404.
FITT 1343 - Performance Enhancement for Athletics	3	Prerequisite(s): BIOL 2401 or BIOL 2404.
FITT 2313 - Exercise Science	3	Prerequisite(s): BIOL 2401 or BIOL 2404.
MRKG 1311 - Principles of Marketing	3	
FITT 2331 - Group Exercise Instruction	3	
	16	Program Semester Hours / Meet with your program advisor
Semester 3		
FITT 2264 - Practicum (or Field Experience) - Health and Physical Education, General	2	Capstone course. Prerequisite(s): FITT 1343 and FITT 2409. Prior to practicum placement: students must hold current adult CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) certification. ACHIEVEMENT: Personal Fitness Trainer Level 1 Certificate
Total Program Hours:		35

Please always check online at catalog.austincc.edu or meet with your academic or program advisor to ensure that you are viewing the latest and most accurate information.

Career & Transfer Resources Updated 8/18/17

Career Information

Common Job Titles

Personal Trainer, Aerobics Instructor, Fitness Coordinator, Fitness Director, Fitness Instructor, Fitness Specialist, Group Exercise Instructor, Group Fitness Instructor, Fitness Trainer, Yoga Instructor

Regional Labor Market Information

Personal Trainer: New workers generally start around \$22,373. Normal pay for Fitness Trainers is \$43,536 per year, while highly experienced workers can earn as much as \$59,524. Over the last year, 39 companies have posted 873 jobs for Fitness Trainers in this region. There are currently 2,066 Fitness Trainers and Aerobics Instructors that are employed in Austin-Round Rock, TX.

Source: <https://austincc.emsicc.com/careers/fitness-trainer-and-aerobics-instructor>

Career and labor market research tools (see Quick Reference Guide at <http://www.austincc.edu/career>):

EMSI: <https://austincc.emsicc.com/>, Bureau of Labor Statistics: <http://www.bls.gov/ooh/>, O*NET: <https://www.onetonline.org/>

Career Resources: ACC's career services website provides information on career exploration and employment at <http://www.austincc.edu/career>. Students are encouraged to consult with their [area of study advisor](#) for additional career assistance. The above information is provided as a guide and reference tool for occupations related to this program. This is not a guarantee of job placement in any of these occupations after successful completion of an ACC program. The common job titles listed are representative titles and are provided for career research. These are not the only occupations possible in this area of study.

Transfer Information

The Personal Fitness Trainer Level 1 Certificate is designed to train individuals who seek employment as a Personal Fitness Trainer. Courses in this program can apply to ACC's Exercise Science AAS. A Bachelor of Applied Arts and Sciences (BAAS) is a degree option for students in AAS programs who want to transfer and complete a four-year degree.

Transfer Guides: *The universities listed here do not constitute an ACC endorsement. Transfer course evaluations and determination of what courses will count toward a bachelor's degree are made by the receiving transfer institution.*

Texas State University: <http://www.owls.txstate.edu/undergraduate-degrees/applied-arts-sciences.html>

The University of North Texas - Dallas: <https://www.untDallas.edu/las/programs/arts-sciences>

Sam Houston State University: <http://www.shsu.edu/admissions/transfer/joint-admissions/baas-degree.html>

Additional Transfer Resources: ACC's transfer website provides information on additional colleges & universities: <http://www.austincc.edu/transferguides>. Students are encouraged to consult with a faculty advisor, [area of study advisor](#), and/or their chosen transfer institution to ensure courses taken at ACC will apply toward their bachelor's degree program.