



Fresno City College

Physical Education
PERSONAL TRAINING
2023-2024

Name: _____

ID: _____

Date: _____

Counselor Contact: _____

Major Requirements: 16 units

A grade of "C" or better is required in the following courses

CERTIFICATE OF ACHIEVEMENT (F.4332.CA)	C-ID	Units	Completed	In Progress	Planned
HLTH 2, First Aid and Safety OR PE 20, Emergency Care and Injury Prevention	KIN 101	3			
HLTH 3, Personal Training		3			
HLTH 5, Structures and Function		3			
FN 40, Nutrition OR FN 41, Sports Nutrition		3			
Select one course from the following:					
PE 15A, Weight Training (Women)		1			
PE 15B, Weight Training (Men)		1			
PE 15C, Weight Training (Coed)		1			
Select one course from the following:		1			
PE 18A, Sports Medicine Lab A		2			
PE 18B, Sports Medicine Lab B		2			
Select one course from the following:					
PE 4, Badminton		1			
PE 5, Basketball		1			
PE 6, Fitness and Health		1			
PE 7, Golf		1			
PE 8, Basic Self Defense		1			
PE 12, Swimming		1			
PE 12B, Intermediate Swimming		1			
PE 13, Tennis		1			
PE 13B, Intermediate Tennis		1			
PE 14, Volleyball		1			
PE 14B, Intermediate Volleyball		1			
PE 17, Yoga		1			
PE 17B, Intermediate Yoga		1			
PE 27, High Intensity Interval Training		1			
PE 71, Soccer		1			
PE 72, Spinning for Fitness		1			

Notes:

1. The Personal Trainer Entrepreneurship program prepares students to start a small personal fitness training business. The focus is on developing personal training skills and key business start-up skills. Upon successful completion of the Personal Trainer Entrepreneurship certificate, students are also eligible to apply for certification as a personal trainer.
2. The *Certificate of Achievement* requires completion of the major (16 units) with a "C" or better grade in each course.