

## PERSONAL TRAINER DIPLOMA

**Purpose:** The RCTC Personal Trainer Diploma program will provide a broad foundation of knowledge to assist students to assess, design and prescribe individualized fitness training programs for clients. The program addresses the skills required to assist others in improving personal fitness and overall quality of life. The coursework will expose students to the resources and professional networks that they will require to stay current in their profession over the length of their career. Personal Training opportunities are available in almost every community in our nation through programs offered at recreational venues, public/private fitness clubs, or as independent businesses. Upon completion of the coursework required, an internship experience allows students to see how their skills are applied in the workplace.

**Award**

*Personal Trainer Diploma Program .....38 credits total*  
*Personal Trainer curriculum..... 34 credits*  
*MnTC curriculum/General Education..... 4 credits*

### RECOMMENDED FULL-TIME COURSE SEQUENCE

Not all courses are scheduled every semester. See course schedule: <https://eservices.minnstate.edu/registration/search/basic.html?campusid=306>.

<p><b>Semester 1</b></p> <p>BIOL 1107 Fundamentals of A&amp;P or BIOL 1110 Human Biology or BIOL 1217 A&amp;P I 4 cr</p> <p>HLTH 1114 Responding to Emergencies (Fall Only) 3 cr</p> <p>PHED 2155 Introduction to Kinesiology (Fall Only) 3 cr</p> <p>PHED 2252 Sport Psychology (Fall Only) 3 cr</p> <p style="text-align: right;"><b>Total Credits 13</b></p>	<p><b>Semester 2</b></p> <p>PHED 2240 Methods of Group Fitness (Spring Only) 3 cr</p> <p>PHED 2242 Essentials of Strength and Conditioning (Spring Only) 3 cr</p> <p>PHED 2249 Prevention and Care of Athletic Injuries (Spring Only) 3 cr</p> <p>PHED 2253 Sport Nutrition for Performance (Spring Only) 3 cr</p> <p>PHED 2270 Introduction to Physical Education (Spring Only) 2 cr</p> <p style="text-align: right;"><b>Total Credits 14</b></p>
<p><b>Semester 3</b></p> <p>PHED 2241 Essentials of Personal Training (Fall Only) 3 cr</p> <p>PHED 2245 Group Fitness/Personal Trainer Certification Exam Prep 2 cr</p> <p>PHED 2293 Personal Trainer/Group Fitness Field Experience 3 cr</p> <p>Program Elective 3 cr</p> <p style="text-align: right;"><b>Total Credits 11 cr</b></p>	

Course descriptions can be found at: <https://www.rctc.edu/academics/courses/course-descriptions>.