

# Lake Superior College

## Program Planner

Created on: 09/14/06

Updated: 4/6/11

Effective: *Spring 2012*

*Qualified applicants should be aware that program class sizes are limited, which may delay acceptance into the program.*

*You may be required to complete additional (or less) coursework, dependent upon the results of your Computerized Placement Test (CPT) and/or previous coursework completed or certifications earned.*

**Program:** **Personal Training**

**Degree Type:** **Certificate**

**Total Required Credits:** **30**

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### Pre-program Requirements

Successful entry into this program requires a specific level of skill in the areas of English, mathematics, and reading. Program entry will depend, in part, on meeting the prerequisites listed below:

**English:**

- A score of 86 or higher on the Sentence Skills portion of the CPT, OR
- Completion of ENGL0460 or its equivalent transfer course or higher.
- If required, ENGL0460 may be taken concurrently with Semester I coursework.

**Mathematics:**

- A score of 71 or higher on the Elementary Algebra Skills portion of the CPT, OR
- Completion of MATH0460 or its equivalent transfer course or higher.
- If required, MATH0460 may be taken concurrently with Semester I coursework.

**Reading:**

- A score of 78 or higher on the Reading Comprehension portion of the CPT, OR
  - Completion of READ0465 or its equivalent transfer course or higher.
  - If required, READ0465 may be taken concurrently with Semester I coursework.
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## Semester I

Course ID#	Course Title	Term	Credits	Grade
BIOL1005	<b>Introduction to Cell Biology</b> (College-level reading and writing)	F/S	1	
BIOL1140	<b>Human Anatomy and Physiology I</b> (BIOL1005, BIOL1120, or equivalent)	F/S	4	
PE1490	<b>Fundamentals of Endurance Training</b> (College-level reading and writing)	F/S	2	
ALTH1410	<b>Medical Terminology</b> (none)	F/S	1	
HLTH1410	<b>Nutrition in Athletic Performance</b> (College-level reading and writing)	F/S	2	
PE1450	<b>Weight Training</b> (None)	F/S	1	
PE1605	<b>Weight Control through Walking</b> (None)	F/S	2	
PE1615	<b>Lifetime Fitness</b> (None)	F/S	2	
<b>Total Credits for Term</b>			<b>15</b>	

## Semester II

Course ID#	Course Title	Term	Credits	Grade
BIOL1141	<b>Human Anatomy and Physiology II</b> (BIOL1140)	F/S	4	
PE1480	<b>Personal Training</b> (BIOL1140, MATH0460, and college-level reading and writing)	F	3	
PE1620	<b>Essentials of Human Performance</b> (College-level reading and writing)	F/S	3	
PSYC2160	<b>Health Psychology</b> (College-level reading and writing)	F	3	
PTA1460	<b>Functional Kinesiology I</b> (BIOL1140 and ALTH1410)	F	2	
<b>Total Credits for Term</b>			<b>15</b>	

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