



EXERCISE SCIENCE CERTIFIED PERSONAL TRAINER CERTIFICATE

Do you enjoy exercising? Like to help people? Do you have lots of energy? Then becoming a personal trainer may be the career for you. There's a lot more to it than knowing how to use exercise equipment. Good trainers are motivators by nature and will push their clients to achieve their goals within safe parameters as well as celebrate their successes. Students generally have a sports background and/or have a strong passion for exercise. Students who opt for the certificate rather than the Associate Degree, wish to get into the workforce as soon as possible and do not have a desire to further their education in the near future.

This certificate program is designed to prepare students to pass the National Strength and Conditioning Association's Certified Personal Trainer exam. The National Strength and Conditioning Association is recognized as one of the top certifying organizations among health and fitness professionals. This program will prepare students to assess, motivate, educate and develop safe and effective exercise programs to meet the health and fitness needs of clients. Credits earned in this 2-semester certificate may be applied toward the Exercise Science, Associate of Science program, if the student wishes to pursue a guided pathway for progression toward a transfer degree. Owens Community College offers an on- and off-campus directed practice experience that provides 98 hours of professional and hands-on lab and community engagement opportunities to provide active learning to our students. For more information on the directed practice expectations, please contact the program facilitator.

LOCATION

Toledo-area Campus

DIRECTED PRACTICE

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JOB OPPORTUNITIES FOR GRADUATES

Personal trainers typically work one-on-one with an individual. A personal trainer can be an independent contractor where they go to their clients' homes, be employed by a corporate wellness facility, a for-profit fitness facility or a non-profit, such as a YMCA.

SALARY

The job market in northwest Ohio is expected to grow at least by 3.1 percent. Annual salary is \$24,500.

PROGRAM CURRICULUM

FALL SEMESTER

HPE 132	Weight Training	Credits: 1(Lec: 1)
EXS 101	Intro to Exercise Science	Credits: 3(Lec: 3)
EXS 201	Health Promo & Fitness Assess	Credits: 3(Lec: 2 Lab 3)
HSC 260	Personal Wellness	Credits: 3(Lec: 3)

SPRING SEMESTER

EXS 102	Athletic Strength & Conditioning	Credits: 4(Lec: 3 Lab 3)
EXS 205	Exercise Programming	Credits: 3(Lec: 2 Lab 3)
EXS 280	Exercise Science Practicum	Credits: 2(Lec: 1 Clinical: 7)
EXS 281	Exercise Science Capstone	Credits: 1(Lec: 1)

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Office of Admissions

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School of Nursing and Health Professions

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