

Program Planning Guide Personal Fitness Trainer Diploma

Fall 2022 — Spring 2023

Subject Code	Course Name	Offered			Prerequisite(s) & Requirements	Hours	Minimum Grade
		Fall	Winter	Spring			
XPFT 21002	Health Promotion & Training	ON or BL	ON		None	48	C
XPFT 20001	Human Anatomy	ON or LEC	ON or LEC	ON	None	48	C
	Human Anatomy Lab	ON	ON	ON		48	
XPFT 20104	Effective Communication	ON or LEC	ON		None	48	C
XPFT 21001	Health and Wellness	LEC	LEC		None	48	C
XPFT 21003	Strength Training I		LEC	LEC	None	48	C
XPFT 20401	Fitness Program Design		LEC	ON	XPFT or X BIO 20001 Human Anatomy	48	C
XPFT 20002	Human Physiology	ON or LEC	ON or LEC	ON	None	48	C
	Human Physiology Lab	ON	ON	ON		48	
XPFT 21004	Introductory Nutrition	ON	ON	ON (summer)	None	48	D
XPFT 20200	Exercise Physiology	ON		LEC	XPFT or X BIO 20001 Human Anatomy XPFT or X BIO 20002 Human Physiology	48	C
XPFT 20201	Applied Movement Mechanics	ON		LEC	XPFT or X BIO 20001 Human Anatomy XPFT or X BIO 20002 Human Physiology	48	C
XPFT 21005	Practicum I		PRC	PRC	XPFT 20104 Effective Communication XPFT 21002 Health Promotion & Training Standard First Aid/CPR C	50	EP
XPFT 20300	Principles & Methods of Training	LEC	ON		XPFT 20201 Applied Movement Mechanics XPFT 20200 Exercise Physiology	48	C
XPFT 22002	Injury Prevention & Care	LEC			XPFT or X BIO 20001 Human Anatomy Standard First Aid/CPR C	48	C
	Injury Prevention & Care Lab					32	
XPFT 22003	Strength Training II	LEC			XPFT 21003 Strength Training I	48	C
XPFT 22001	Growth & Motor Development	LEC	ON		None	48	C
XPFT 22005	Special Populations – Older Adults		LEC		None	48	C
XPFT 22004	Special Populations – General		ON or LEC		XPFT 20200 Exercise Physiology	48	C
XPFT 20402	Leadership Development		LEC	ON	XPFT 20104 Effective Communication	48	C
XPFT 22006	Practicum II		PRC	PRC	XPFT 21005 Practicum I XPFT 22002 Injury Prevention & Care XPFT 20300 Principles & Methods of Training XPFT 20401 Fitness Program Design Standard First Aid/CPR C	50	EP
XPFT 20400	Fitness Appraisal & Lifestyle Counseling	LEC		LEC	XPFT 21005 Practicum I XPFT 22006 Practicum II	48	C
XPFT 20600	Business Management & Marketing	ON		LEC	None	48	C
XPFT 22007	Psychology of Exercise	ON		LEC	None	48	C

LEC = Lecture ON = Online BL= Blended PRC = Practicum VL = Virtual Lectures

