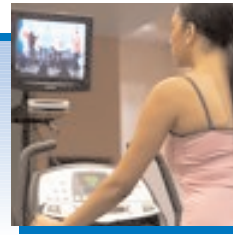


Strength and Conditioning Personal Trainer

-Certificate of Completion Strength and Conditioning Personal Trainer



Where can this program take me?

The Certificate of Completion (CCL) in Strength and Conditioning Personal Trainer prepares students for employment in the fitness industry as Strength and Conditioning Personal Trainers/Coaches. This curriculum provides students with a fundamental knowledge of human physiology and anatomy, prevention and treatment of exercise related injuries, emergency response readiness, health appraisals and assessments; application of exercise fitness principles and strength training techniques; a fundamental knowledge of nutrition, weight control, stress management and exercise physiology, and biomechanics; skills in exercise testing and fitness measures as well as writing exercise prescriptions and program designs for diverse populations.

For more information on this and other career and technical programs, please see the MCC catalog.

What are the requirements of this program?

Certificate of Completion Strength and Conditioning Personal Trainer (31 credits)

Program Notes

+ indicates course has prerequisites and/or corequisites.

Required Courses (31 credits)

BIO160 Introduction to Human Anatomy and Physiology	4
HES154 First Aid/Cardiopulmonary Resuscitation	3
HES271 Prevention and Treatment of Athletic Injuries	3
PED112 Professional Applications of Fitness Principles	3
PED125 Exercise Science	3
PED130 Strength Fitness-Physiological Principles and Training Techniques	3
PED145 Guidelines for Exercise Testing and Prescription	3
HES100 Healthful Living	3
+PED275 Methods of Enhancing Physical Performance	3
+PED285 Exercise Program Design and Instruction	3



It's easy to get started at MCC ...



Step 1: Complete a Student Information Form (application).

There are three ways you can do this:

- You can fill out a paper form and take it to the Admissions Office at MCC at Southern and Dobson or to Enrollment Services at MCC at Red Mountain
- You can complete the form online at www.mc.maricopa.edu/services/student_services/
- You can call MCC's phone center at 480-461-7700 and provide the information by phone.

Step 2: Take placement tests to help you choose the right courses.

You need to take placement tests if you plan to enroll in English, math, reading, or English as a Second Language (ESL) classes.

There is no cost for testing, and you don't have to make an appointment.

- You can take a complete set of placement tests at MCC at Southern and Dobson at the following times:
Mon & Thurs: 8:00 or 11:00 am, 2:00 or 5:30 pm
Friday 8:00 or 11:00 am, 2:00 pm
- If you need to take only one or two tests, you can do so on a walk-in basis at any time.
- You can take placement tests at MCC at Red Mountain on a walk-in basis
Monday - Thursday from 8:00 am - 8:00 pm.
For additional information, call 480-461-7336 or visit www.mc.maricopa.edu/services/testing/.

Step 3: Meet with an academic advisor.

You can see an academic advisor on a walk-in basis at both MCC campuses. Bring a copy of transcripts or grade reports if you have attended a university or a college outside the Maricopa County Community College District. Some courses require an advisor's signature before you can register. For more information, call 480-461-7222 or 480-654-7606 or visit www.mc.maricopa.edu/services/advisement/.

Step 4: Register for your classes.

Choose the way that is most convenient for you:

- Take your signed advisement/registration form to the Records Office at MCC at Southern and Dobson or to Enrollment Services at MCC at Red Mountain, or
- Register by phone at 480-461-7700. Be sure you meet the prerequisites for courses you want to register for by phone, or
- You can register online for courses that don't have prerequisites and for open-entry/self-paced and non-credit courses. Visit www.mc.maricopa.edu/services/student_services/.

Step 5: Pay your tuition and fees.

You can pay your tuition and fees in person at the Cashier's Office at either MCC at Southern and Dobson or MCC at Red Mountain. You can also leave your tuition in the specially marked dropbox on either campus, or pay by phone with your Visa, MasterCard, Discover Card, or American Express by calling 480-461-7700. Make sure to pay your tuition and fees before the billing date on your invoice to keep your place in the classes you've registered for.

Best wishes for your success at MCC!

For more information, contact:

Physical Education/Exercise Science Department
at 480-461-7551

Department Chair:

Ann Stine

480-461-7546

Information available on the web:

www.mc.maricopa.edu/dept/d37

Mesa Community College
MCC at Southern and Dobson
1833 W. Southern Avenue
Mesa, Arizona 85202
480-461-7700

www.mc.maricopa.edu

MCC at Red Mountain
7110 E. McKellips Road
Mesa, Arizona 85207
480-654-7200
www.mc.maricopa.edu/other/redmountain

All students are urged to meet with an academic advisor regarding selection of courses. For the most current course requirements visit

www.maricopa.edu/academic/curric/newsresindx.php.

For graduation requirements visit

www.dist.maricopa.edu/academic/curric.

