

## 2016-17 Completion Guide

Personal Trainer, Certificate of Achievement

ICCB Approved Total Program Hours: 33

DATE \_\_\_\_\_

3/1/2016

The following suggested schedule is based on full-time enrollment. Students planning to transfer to a senior institution should check with that institution for specific transfer requirements.

Courses that are approved for the AA/AS degrees are **bolded**.

Mode of Delivery:  
 T = Traditional classroom  
 W = Online  
 Q = Blended

<b>First Semester</b>						
Course	Title	Credit Hours	Mode of Delivery	Pre Requisites	Term(s) Offered	Notes
<b>HPR 101</b>	Fitness Center	1	T		F/S/Su	
<b>KIN 200</b>	Intro to Personal Training	3	T		F/S	
<b>KIN 207</b>	First Aid	2	T		F/S/Su	
<b>KIN 170</b>	Resistance Training	2			Fall	
				Placement into ENG 101 or minimum grade of "C" in one of the following: ENG 021 and ENG 099; or ENG 022 and ENG 099 ; or the EAP course sequence ENG 079 and ENG 089, or ENG 096; and placement into MATH 094 or higher, or minimum grade of C in MATH 090.		
<b>Bio 125</b>	Human Biology	4			F/S/Su	
<b>Total Semester Hours:</b>		<b>12</b>				

<b>Second Semester</b>						
Course	Title	Credit Hours	Mode of Delivery	Pre Requisites	Term(s) Offered	Notes
<b>KIN 208</b>	Intro to Athletic Training	3	T		F/S	
<b>KIN 201</b>	Intro to Exercise Science	3	T		F/S	
<b>KIN 160</b>	Group Exercise Instruction	2	T		F/S	
<b>KIN 215</b>	Nutrition	3	T	BIO 125 recommended	F/S/Su	
<b>Total Semester Hours:</b>		<b>11</b>				

<b>Third Semester</b>						
Course	Title	Credit Hours	Mode of Delivery	Pre Requisites	Term(s) Offered	Notes
<b>KIN 220</b>	Assessment & Programming	3	T	KIN 201 with minimum grade of C	Spring	
<b>KIN 221</b>	Fitness Management	3	T	KIN 201 with minimum grade of C	Fall	
<b>KIN 238</b>	Internship	3	T	Minimum grade "C" or better in HPR 202, HPR 207 , KIN 208 , KIN 160, KIN 170 KIN 201 and KIN 220 Concurrent: KIN 215 and KIN 221	F/S	
<b>KIN 239</b>	Seminar	1	T	Consent of department. Student must be in the final semester of the AAS Personal Training degree. Concurrent: KIN 238		
<b>Total Semester Hours:</b>		<b>10</b>				

**Graduation Requirements**

To be awarded an Associate degree at Joliet Junior College, each student must meet the following requirements:

1. Satisfy all admission requirements.
2. Complete the courses required to earn the chosen degree. If the student is a transfer student with coursework taken elsewhere, he/she must complete a minimum of 60 credit hours of which the last 15 credit hours applicable to the degree are earned at Joliet Junior College. If the student has not taken the last 15 hours at JJC, then a total of 30 credit hours applicable to the degree must be earned at Joliet Junior college. Proficiency test, CLEP and Advanced Placement do not meet this requirement.
3. Earn a cumulative grade point average of at least 2.0.
4. Discharge all financial obligations to the college; have no restrictions.
5. File an application for graduation (An application should be filed at the time of registration for student's anticipated last semester).
6. Have on file in the Graduation office by the graduation filing date all transcripts from other colleges/universities that are to be evaluated for credit, to be applied toward a degree. A delay in the process may result in a later graduation date.

**For more information**

Counseling & Advising  
 Main Campus room A-1155  
 815-280-2673

Department Chairperson  
 Patrick Mills  
 815-280-6702