COUNTY COLLEGE OF MORRIS
CURRICULUM CHECK SHEET
Requirements for Graduation
Certificate of Achievement

#0950
PERSONAL TRAINER
Certificate of Achievement

FALL 2025

COURSE	CODE	CR	GR	TR
Intro to Exercise Science	HES 111	3		
Personal & Family Nutrition	HED 115	3		
Personal Fitness	HES 126	1		
Weight Training	HES 127	1		
Program Design & Implementation*	HES 107	3		
First Aid & Emergency Care	HED 295	3		
CPR	HED 283	1		
Exercise Science Internship	HES 227	1		
	TOTAL	16		

NOTES:

This is an unofficial document and should be used for academic planning purposes only. All students are required to see their Academic Advisor each semester to discuss and approve their selection of courses before they register. Due to continual program revisions mandated by accrediting agencies and/or changes in state mandated requirements, students should consult their academic advisor when selecting courses.
If you need the name of your academic advisor, contact **973-328-5328.**

The Personal Trainer Certificate of Achievement does not require Math or English prerequisites. Students who complete all 16 credits with a GPA of 2.0 or higher, will be awarded the certificate. Students who receive a D grade in any course(s) must re-take the course(s) and achieve a C or higher grade.

To obtain the certificate all students must have the #0950 curriculum designation on their academic record. Dual admittance with an Associate degree is permitted, however students may also select the certificate as a stand-alone educational goal.

Upon completion of the required credits, students are eligible for graduation with a Certificate in Personal Training from CCM and may also sit for a National Personal Training Certification Exam. The completed certificate affords students more employment opportunities.

Due to continual program revisions mandated by accrediting agencies and/or changes in state mandated requirements, students should consult their academic advisor when selecting courses.

*HES 111 is a prerequisite for HES 107.

PERSONAL TRAINER
#0950
Suggested Sequence by Semester

SEMESTER I		CREDITS	SEMESTER II		CREDITS
Foundations of Personal Training	HES 111	3	Program Design & Implementation	HES 107	3
Personal & Family Nutrition	HED 115	3	First Aid & Emergency Care	HED 295	3
Weight Training	HES 127	1	CPR	HED 283	1
Personal Fitness	HES 126	1	Exercise Science Internship	HES 227	1
	TOTAL	8		**TOTAL**	8

The CPR course is available through the Workforce Development Division of the college. Students must present a valid American Heart Association CPR card (BLS for Healthcare Provider CPR) to the HES Department along with a valid student ID to receive one transfer credit for HED 283.