



**PERSONAL TRAINING MINOR**

(22 credits)

2021-22 Academic Year

Lawton/ Elfering

Student's Name

Catalog Year

Advisor

Date

**REQUIRED CORE COURSES (22 Credits):**

(Minimum 2.5 for each class)	Cr.	Qtr.	Time and Days
MKTG 310 Principles of Market	4		PR = Jr Standing
PHED 334 Personal Training	3	FWS	MWF Fall 12-1 / Winter 8-9 / Spring 2-3
350 Phys. Kinesiology	4	FWS	Fall MWF 10-11 Lab T or R 1-3 / Winter MWF 9-10 & Lab T or R 1-3 / Spring MWF 11-12, Lab T or R 1-3
360 Adv. Personal Tra.	3	S	MWF 12-1 PR = PHED 334
Select one of the Following (2 credits):			
PHED 333 Group Exercise	2	WS	Winter TR 8-9 / Spring TR 2-3
335 Strength Condit.	2	FWS	Fall & Spring MTR or MWF 8-9 / Winter MTR or MWF 9-10
Select one of the Following (4 credits):			
ENTP 311	4		See Course Catalog
BUED 302 Business Comm.	4		See Course Catalog

**Professional Observation (2 Credits)**

PHED 388 Field Practicum	1-2 credits	To Be Arranged
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PR = Prerequisite Requirements

**REQUIRED FOR MINOR COMPLETION**

- \* **MUST OBTAIN PERSONAL TRAINER CERTIFICATION THROUGH AN APPROVED ORGANIZATION (see advisor for approved organizations)**

Personal training is a growing field, and a great career option for students from many fields of study across campus. Effective communication and business skills, coupled with knowledge of human anatomy & physiology and training theory are requirements for success in this lucrative industry. Students who complete the Personal Training minor will acquire the necessary skills to pursue careers in corporate wellness, commercial fitness centers, private training settings, as adjuncts to many medical facilities, and even to start an independent business.

For more information contact Nathaniel Lawton, MS CSCS, Physical Education, Health and Recreation Department, room PC 228, Physical Education Classroom Building; email: [nlawton@ewu.edu](mailto:nlawton@ewu.edu); telephone: (509) 359-2508.