

# HPER 271: Personal Training Practicum

**Credits:** 2

**Lab Hours:** 6

**Prereq:** "C" or higher in HPER 152 and HPER 270.

**Recommended:** CPR - BLS.

**Semester Offered:** Spring

**Description:** This course is the practical application of HPER 270, Personal Trainer Certification Prep. Students will be mentored and guided as they prepare for the ACE certification. Students will implement fitness assessments, as well as evaluate the results in order to set up safe and effective personal training workout sessions.