

Personal Trainer Certification

Microcredential



The Personal Trainer Certification Microcredential will allow students to pursue a certification in the fitness field. They would have a certification as a Personal Trainer allowing employment in the fitness field to be highly attainable.

For more information, contact the Admissions Office at (845) 431-8010 or visit www.sunydutchess.edu/academics

Personal Trainer Certification

MICROCREDENTIAL

Required Courses:		Credits
PED 202	Fitness Training Practicum	3
WFE 101	Wellness and Fitness Education	3
ESW 203	Personal Training Certification	3
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	Total	9

Students who successfully complete this Microcredential will be able to:

- Effectively demonstrate a variety of exercises and teach safe and correct use of exercise equipment and other health related apparatus to individuals of all ages and fitness levels;
- Effectively design, implement, supervise and evaluate exercise prescriptions and exercise programs in accordance with individuals' needs, goals, and assessment data results;
- Effectively educate, motivate, and/or communicate with individuals to influence healthy lifestyle behavior modifications which include the dimensions of wellness, occupational wellness, and stress management;
- Perform safe, ethical and legal practices in a variety of health and fitness related settings within the scope of practice.



This microcredential can be stacked into:

Exercise Science & Wellness, A.S.

Because a Microcredential is comprised of short course sequences, requirements for a Microcredential are to be completed at DCC. Any exception to this would require departmental approval in order to transfer in credits.

No more than 50% of credits may be accepted in transfer.*

A digital badge will be awarded to students who complete the required coursework and earn a 2.0 or higher in each course.

If the Microcredential contains a certification exam, a successful score on that exam is also required for the award of the Microcredential.

**Certain courses may be required to be taken at DCC; check your specific program for these exceptions.*