

# Kinesiology Certificate of Achievement

**Name of Certificate:** Fitness Trainer

In years 1 and 2 the following PSLO will be assessed: Upon completion of the Certificate of Achievement in Fitness Trainer, students are able to develop and administer a safe and effective periodized exercise program designed for a client.

	Year 1 (2023-2024)		Year 2 (2024-2025)		Year 3 (2025-2026)	
AA-T	Fall 2023	Spring 2024	Fall 2024	Spring 2025	Fall 2025	Spring 2026
Course	PSLO	PSLO	PSLO	PSLO	PSLO	PSLO
KIN 6: Personal Trainer	X	Design periodized exercise program	Design periodized exercise program	X	X	X