

# Fitness Training

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## **FT101 Personal Training 1**

**Cr-3**

This course introduces the basics behind the exercise physiology, kinesiology, biomechanics, psychology, demographics, and training program structure needed to implement a safe and effective personal training program. Group exercise includes yoga, Pilates, and aerobics.

## **FT102 Personal Training 2**

**Cr-3**

Students learn techniques in motivation, communication, and behavioral modification related to the varying demographics in fitness training. Also students are profession abilities, responsibilities, and ethics of personal trainers. Successful students will be eligible to sit for the American Council of Exercise Certification of Personal Trainers. Prerequisite: FT101 Personal Training 1.

## **FT202 Personal Training Practicum**

**Cr-1**

This practicum provides supervised, hands-on experience in MVCC's fitness center. Students will assess, design, and implement a personalized fitness plan for each client based on the client's goals.