

# Personal Trainer

## [PTR 115 ACE Training Prep \(4 credit, 3 lecture, 2 lab\)](#)

This course is designed to give students an introduction to effective personal training techniques, weight training and lifting theory, and the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers.

## [PTR 117 Internship for Personal Trainers \(3 credit, 0 lecture, 25 lab\)](#)

This course is designed to give students a practical knowledge of Personal Training through real world experience in the fitness industry. This course may be offered as variable credit and repeated three times. **Pre-Requisite:** PTR 115.