

Exercise Specialist Certificate

12 Credits

The Exercise Specialist Certificate includes Exercise Science courses that provide comprehensive curriculum designed to prepare students to successfully participate in the American College of Sports Medicine (ACSM) Certified Personal Training Examination and enter the workforce as a personal trainer working with generally healthy populations. The Exercise Specialist Certificate is recognized as a "career laddering" opportunity for our students to encourage further retention of degree completion while students gain additional credentials to professionally compete for careers within the fitness industry.

Required Courses 12 Credits

Complete each of the following courses with a grade of C or higher.

EXSC 2300	Introduction to Exercise Science	3 cr
EXSC 2305	Exercise Physiology	3 cr
EXSC 2310	Foundations of Personal Training	3 cr
EXSC 2315	Fitness Assessment and Exercise Prescription	3 cr

Other Certificate Requirements

- Earn a minimum cumulative grade point average (GPA) of 2.0 for college-level coursework (courses numbered 1000 and above) completed at Normandale.
- Earn at least one third of the required certificate credits from Normandale.