

**Major Course Requirements**

A minimum of 56-59 hours

► **Required Core Courses (57-60 hours):**

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
COMM 223	Interpersonal Communication	3
ESAC 101A	Jogging	1
or ESAC 103A	Physical Fitness	1
ESTH 101	Health and Exercise Science Career Pathways	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 265	Theory & Technique of Aquatics	3
ESTH 301	Exercise Physiology	4
ESTH 301L	Exercise Physiology Lab	1
ESTH 302	Biomechanics	4
ESTH 311	Intro to Adapted Physical Activity	3
or ESTH 312	Motor Learning	4
ESTH 361	Coaching	2
ESTH 383	Theory & Technique of Training	4
HLED 166	Health Education	2
HLED 166L	Health Education Lab	1
FDNT 235	Nutrition	3
MGMT 160	Small Business Management	3
PSYC 121	General Psychology	4
PHYS 105-106L	Introduction to Physics + Lab	5+1
or PHYS 111	General Physics	4

**Student Learning Outcomes**

**Students can:**

- Apply the fundamentals of anatomy, kinesiology, physiology, and nutrition as they relate to human performance and in particular within the context of sport.
- Critically analyze and demonstrate an understanding of issues related to safety, injury prevention and treatment, fundamental skill development, and skill adaptations as they relate to the field of human movement and sport.
- Demonstrate an understanding of the principles of health and wellness, ethics in sport, and historical foundations within the field of human movement and sport.

**Occupational Information**

**What can I do with this profession?**

Personal trainers are health/fitness professionals who, using an individualized approach, assess, motivate, educate and train clients regarding their personal health and fitness needs. They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations. Recognizing their own area of expertise, a personal trainer will refer clients to other health care professionals when appropriate.

*Note: This occupational description is from the National Strength and Conditioning Association Website: [www.nscs.com](http://www.nscs.com).*

**Job Outlook**

Personal trainers work in a wide variety of settings, including, but not limited to, the following:

- Recreation centers and health clubs
- Gyms and fitness studios
- Hospitals and other patient care facilities
- Elder care facilities
- Private practice

A personal trainer may work with individuals in many different stages of life. The U.S. Bureau of Labor Statistics ([www.bls.gov](http://www.bls.gov)) predicts about 14 percent job growth for fitness trainers over the period from 2022-2032. This growth is supported by an aging population that wants to remain fit as well as parents hiring trainers to help their children. Additionally, many companies are implementing wellness programs and providing employees with access to personal trainers. The combination of these factors has resulted in steady employment outlook for the personal training profession.

**Earnings**

Earning for personal trainers vary geographically depending on the type of practice and job responsibilities. According to the Bureau of Labor Statistics, the median annual wage for fitness trainers was \$45,380 nationwide in 2012. Additional information can be reviewed online at [www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm](http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm).

### General Education Requirements

To view general education requirements for this major, please refer to page A-07, Summary of General Education Requirements: A.S. Degree.

### How to Construct Your Own Program

1. Consult with your academic advisor.
2. Consider your aptitudes, interests, and available courses.
3. Schedule major courses and cognates first.
4. Pay attention to and schedule alternate year ESAC and ESTH courses which are only offered one time during the two years of the A.S. degree.
5. Fill the rest of your schedule with GE requirements.
6. For the freshman year include English, Religion, and PE courses. Also include Basic Algebra I+II unless waived by previous work.

### What the Degree Includes

A total of 90 quarter hours including:

1. General Education requirements.
2. Major requirements.
3. Minimum 2.0 GPA, overall and major.

### For More Information

Kinesiology and Health Science Department  
 Pacific Union College  
 One Angwin Avenue  
 Angwin, CA 94508  
 (707) 965-6636

Visit our website: [puc.edu/academics/departments/kinesiology/](http://puc.edu/academics/departments/kinesiology/)

National Strength and Conditioning Association  
 1885 Bob Johnson Drive  
 Colorado Springs, CO 80906  
 Reston, VA 20191  
 1-800-815-6826  
[www.nasca.com](http://www.nasca.com)

### Sample Two-Year Program

This sample curriculum is designed to show you how a program may be constructed and to help you select a proper sequence of courses in the major. It is not likely that these courses can always be taken in the order given. Your advisor will help you design a personalized program of studies.

<b>First Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
Comm and Public Speaking	4	-	-
College English I	-	4	-
Interpersonal Communication	-	-	3
Human Anatomy	5	-	-
Human Physiology	-	5	-
Intro to Physics	-	-	5
Intro Statistics	4	-	-
Religion	-	-	3
Small Business Management	-	3	-
Health Education	-	-	3
General Education/Core*	3	4	2
	16	15	16

<b>Second Year</b>	<b>F</b>	<b>W</b>	<b>S</b>
General Psychology	4	-	-
Jogging	-	-	1
Exercise Physiology	4	-	-
Nutrition	-	3	-
Intro to Adapted or Motor Learning	-	3-4	-
T&T of Strength Training	-	4	-
Biomechanics	-	-	4
Lifeguard Training	-	-	2
Religion	3	3	-
Assessment Seminar	-	-	0.1
General Education/Core*	4	2-3	9
	16	16	16.1

<b>*Odd Year Core Courses</b>	<b>F</b>	<b>W</b>	<b>S</b>
T&T of Aquatics	3	-	-
Care and Prevention	-	2	-

<b>*Even Year Core Courses</b>	<b>F</b>	<b>W</b>	<b>S</b>
Coaching	-	2	-

\* Courses marked (even) or (odd) are taught in alternate years only. 2025-2026 is even, 2026-2027 is odd.