



**2023-2024 Completion Guide
Personal Training, CAC NS750
ICCB Approved Total Program Hours: 33**

Date: *The following schedule is based on full-time enrollment. Students planning to transfer to a senior institution should check with that institution for specific transfer requirements.*

Program Prerequisites

T= Traditional H = Hybrid W = Web

First Semester						
Course	Title	Credit Hours	Mode of Delivery	Prerequisites	Terms offered	Notes
HPR 101	Fitness Center	1	T		FL/SP/SM	
KIN 200	Intro to Personal Training	3	T		FL/SP	
KIN 207	First Aid	2	T		FL/SP/SM	
KIN 170	Resistance Training	2			FL	
BIO 125	Human Biology	4		"Placement into ENG 101 or minimum grade of "C" in one of the following: ENG 021 and ENG 099 or the EAP course sequence ENG 079 and ENG 089, or ENG 096; and placement into MATH 094 or higher or minimum grade of C in MATH 090.	FL/SP/SM	
Total Semester Hours		12				

Second Semester						
Course	Title	Credit Hours	Mode of Delivery	Prerequisites	Terms offered	Notes
KIN 208	Intro to Athletic Training	3	T		FL/SP	
KIN 201	Intro to Exercise Science	3	T		FL/SP	
KIN 160	Group Exercise Instruction	2	T		FL/SP	
KIN 215	Nutrition	3	T	BIO 125 recommended	FL/SP/SM	
Total Semester Hours		11				

Third Semester						
Course	Title	Credit Hours	Mode of Delivery	Prerequisites	Terms offered	Notes
KIN 220	Assessment & Programming	3	T	KIN 201 with minimum grade of C	SP	
KIN 221	Fitness Management	3	T	KIN 201 with minimum grade of C	FL	
KIN 238	Internship	3	T	Minimum grade "C" or better in HPR 202, HPR 207, KIN 208, KIN 160, KIN 170 KIN 201 and KIN 220 Concurrent: KIN 215 and KIN 221	FL/SP	
KIN 239	Seminar	1	T	Consent of department. Student must be in the final semester of the AAS		

				Personal Training degree. Concurrent: KIN 238		
	Total Semester Hours	10				

Graduation Requirements

To be awarded an Associate degree at Joliet Junior College, each student must meet the following requirements:

1. Satisfy all admissions requirements.
2. Complete the courses required to earn the given degree. If the student is a transfer student with coursework taken elsewhere, he/she must complete a minimum of 60 credit hours of which 15 credit hours applicable to the degree are earned at JJC. Proficiency test, CLEP, and Advanced Placement does not meet this requirement.
3. Earn a cumulative grade point average of at least 2.0.
4. Discharge all financial obligations to the College and have no restrictions.
5. File an application for graduation. An application should be filed at the time of registration for the student's anticipated last semester.
6. Have all official transcripts from other college/universities on file in the Graduation Office by the graduation filing date for evaluation of credit. A delay in the process may result in a later graduation date.

To be awarded a Certificate of Achievement or Certificate of Completion at JJC, each student must meet the following requirements:

1. Satisfy all admission requirements.
2. Complete the courses required to earn the chosen certificate. Complete a minimum of 4-29 credit hours (Certificate of Completion) or 30-50 credit hours (Certificate of Achievement). If the student is a transfer student with coursework taken elsewhere, he/she must complete a minimum of 25% of the total required credit hours applicable to the certificate at JJC. Proficiency test, CLEP, and Advanced Placement do not meet this requirement.
3. Earn a cumulative grade point average of at least 2.0 in the area of concentration.
4. Discharge all financial obligations to the college and have no restrictions.
5. File an application for graduation. An application should be filed at the time of registration for the student's anticipated last semester.
6. Have all official transcripts from other college/universities on file in the Graduation Office by the graduation filing date for evaluation of credit. A delay in the process may result in a later graduation date.

For more information:	Department Chairperson	Program Coordinator	Program Advisor
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