



Inter American University of Puerto Rico, Inc.
Aguadilla Campus
Technical Certificate Program- InterTec

Sequential Personal Trainer Certificate CPTR – CODE 835

STUDENTS ADMITTED, READMITTED OR WITH A CHANGE OF
CONCENTRATION AS OF JANUARY 2022

EFFECTIVE: JANUARY 2022

FIRST SEMESTER

CODE	COURSE	CRS.
CPTR 0120	Health Risks & Fitness Assessment (Laboratory)	2
CPTR 0140	Lifestyle Change & Wellness Training	2
CPTR 0160	Nutrition Applied to Sports	3
CPTR 0210	Anatomy, Kinesiology and Biomechanics (Laboratory)	3
CPTR 0260	Alternate Exercise Program for Personal Training	2
TOTAL		12

SECOND SEMESTER

CODE	COURSE	CRS.
CPTR 0130	Flexibility Training	2
CPTR 0150	Weightlifting Techniques	2
CPTR 0230	Prevention and Rehabilitation of Musculoskeletal Injuries	1
CPTR 0240	Special Populations Training I	2
CPTR 0250	Design of Strength Training Programs	2
CPTR 0310	Exercise Physiology	3
TOTAL		12

THIRD SEMESTER

CODE	COURSE	CRS.
CPTR 0110	First Aid & CPR (Laboratory)	1
CPTR 0220	Cardiovascular Training and Rehabilitation Concepts	2
CPTR 0320	Special Populations Training II	3
CPTR 0297	Seminar for Coaches	1
CPTR 0340	Management in Personal Training	3
CPTR 0350	Personal Trainer Practice	4
TOTAL		14
TOTAL CREDITS		38

The Technical Certificate in Personal Trainer is designed to develop professional competencies in the field of personal training. Promotes healthy, drug- and alcohol-free lifestyles through socialized discussions and other learning activities. The program includes administrative aspects of the profession. It also includes a period of practice in a certified gym during which students will apply the knowledge acquired in the classroom under the strict supervision of a certified personal trainer. The curriculum is designed by guidelines established by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). The content of this Program will provide students with the necessary competencies to apply for the revalidation exam, or the certification required to be able to practice the profession in Puerto Rico.

Appropriate sportswear is required in the classroom.

Supervised Practice:

1. Supervised practice that requires you to perform in a real-world work setting as part of the degree requirements. Complete 120 hours at the practice center.
2. These outside facilities can be state and federal agencies, hospitals, and non-governmental organizations, among others. In some cases, the governing board or agency of the profession requires the student to meet certain requirements in order to participate in such a practice.
3. It is the student's responsibility to stay informed of these requirements and to ensure that he/she can meet them in order to complete the supervised internship requirement.
4. It will be the student's responsibility to comply with the requirements of the external center in order to carry out their internship.
5. Such requirements may be, depending on the practice center, health certificate, negative criminal record certificate or any other that the institution or practice center requires.
6. If the student refuses or is unable to comply with any of them, he/she may be unable to carry out his/her internship and, consequently, he/she may not pass the internship course or meet the graduation requirements of his/her academic program.

Note: All students must comply with all of the requirements in the Technical Certificate Program Catalog available on the aguadilla.inter.edu website. The student's official evaluation is conducted by the Registrar's Office and the graduation fee is charged at tuition in the second semester.

Concentration courses must be passed with a minimum grade of C, and in practice a minimum grade of B is required.