

The LACC Department of Kinesiology has partnered with the **American Council on Exercise (ACE)** to offer a 20 unit, Online Fitness Specialist/Personal Trainer Program. This Online program prepares students to become ACE Certified Personal Trainers, ready to work in the fitness industry. Course work includes application based personal training skills, exercise testing, exercise program design prescription, behavior change planning and **students will virtually train clients before graduation!**

<b>All Courses are offered via Zoom &amp; Canvas and include:</b>		
<b>Core Required:</b>		
Health 11	Principles of Healthful Living	3
Health 12	Safety Education and First Aid	3
Kinesiology 250	Weight Training Skills	1
Kinesiology 331	Cross Training Lab	1
Kinesiology Major 117	Personal Trainer Certificate Prep	3
Kinesiology 285	Directed Study in Personal Training (prerequisite = Kin Maj 117)	2
<b>One of the following 3 unit courses:</b>		
Marketing 01	Principles of Marketing	3
Marketing 21	Principles of Selling	
Management 13	Small Business Entrepreneurship	
<b>Four of any of the following 1 unit courses:</b>		
Kinesiology 251	Yoga Skills 1, 2 or 3	4
Kinesiology 229	Body Conditioning	
Kinesiology 326	Aerobic Super Circuit Laboratory	
Kinesiology 202	Lap Swimming	
Kinesiology 328	Bicycle Spin1 or 2	
Kinesiology 334	Walking for Fitness	
Kinesiology 246	Body Sculpting	
Kinesiology 237	Boot Camp	
Kinesiology 307	Swim and Run	
Kinesiology 327	Beginning Lifelong Fitness	
Kinesiology 265	Cross Country Conditioning Skills	
Kinesiology 249-1	Stress Management Technique	
<b>Total Units:</b>		<b>20</b>

**Proposed Program Sequence:**

Year 1, Fall = 6 units	Year 1, Fall = 10 units
Year 1, Spring = 6 units	Year 1, Spring = 10 units
Year 1, Summer = 2 units	
Year 2, Fall = 6 units	

**Questions? Contact:**

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