## KHS413: Personal Training

This course is designed for students wanting to enter the field of personal training and/or strength and conditioning coaching. The course will apply knowledge of anatomy, physiology, biomechanics, sport and exercise psychology, nutrition and wellness to the process of personal training. The course will provide content necessary for students to pass a national certification exam.

Credit Hour(s): 3

**Department: Kinesiology and Health Studies** 

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