



Inter American University of Puerto Rico  
Aguadilla Enclosure  
InterTec Technical Certificate Program

**Sequential Certified Personal Trainer  
REVISED AUGUST 2024  
CPTR – CODE 835 (900 HOURS)**

STUDENTS ADMITTED, READMITTED OR WITH A CHANGE OF  
CONCENTRATION FROM AUGUST 2024

VALIDITY: AUGUST 2024

FIRST SEMESTER

<b>CODE</b>	<b>COURSE</b>	<b>CRS.</b>
CPTR 0110	First Aid and CPR (Lab)	1
CPTR 0120	Health Risks and Fitness Assessment	2
CPTR 0130	Flexibility Training	2
CPTR 0140	Training for Lifestyle Change, Well-being and Nutrition Applied to Sport	4
CPTR 0210	Anatomy, Kinesiology and Biomechanics and Exercise Physiology	4
CPTR 0220	Cardiovascular Training and Rehabilitation Concepts	2
<b>TOTAL</b>		<b>15</b>

SECOND SEMESTER

<b>CODE</b>	<b>COURSE</b>	<b>CRS.</b>
CPTR 0230	Prevention and Rehabilitation of Musculoskeletal Injuries	1
CPTR 0240	Training for Special Populations	2
CPTR 0250	Design of Strength Training Programs and Weightlifting Techniques	3
CPTR 0260	Alternate Exercise Program for Personal Training	2
CPTR 0340	Management in Personal Training	3
CPTR 0350	Personal Trainer Practice	4
<b>TOTAL</b>		<b>15</b>

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). Concentration

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

Appropriate athletic clothing is required in the classroom.

**Supervised Practice:**

1. The supervised practice required to be carried out in a real work scenario as part of the degree requirements. Complete 120 hours at the practice center.
2. These external centers can be state and federal agencies, hospitals, and nongovernmental organizations, among others. In some cases, the profession's board or regulatory agency requires the student to meet certain requirements to participate in the internship.
3. It is the student's responsibility to stay informed of these requirements and ensure that they can meet them to complete the supervised practice requirement.
4. It will be the student's responsibility to comply with the requirements of the external center to carry out their internship.
5. Such requirements may be, depending on the practice center, a health certificate, a 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 or she may be unable to carry out his or her internship and, consequently, may not pass the internship course or meet the graduation requirements of his or her academic program.

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

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