



Inter American University of Puerto Rico
Aguadilla Campus
Technical Certificate Programs

**Personal Trainer
(CPTR - Code 835 (1,140 hours/38 credits))**

CURRICULUM

First Term		Hours	Credits
CPTR 0120	Health Hazards and Assessment of Physical Conditions	60	2
CPTR 0140	Training of Change of Lifestyle and Wellbeing	60	2
CPTR 0160	Nutrition Applied to Sports	90	3
CPTR 0210	Anatomy, Kinesiology and Biomechanics	90	3
CPTR 0260	Program of Alternate Exercises for Personal Training	60	2
Subtotal		360	12

Second Term		Hours	Credits
CPTR 0130	Flexibility Training	60	2
CPTR 0150	Weightlifting Techniques	60	2
CPTR 0230	Prevention and Rehabilitation of Muscle Skeletal Injuries	30	1
CPTR 0240	Training for Special Populations I	60	2
CPTR 0250	Design of Programs for Strength Training	60	2
CPTR 0310	Physiology of Exercise	90	3
Subtotal		360	12

Third Term		Hours	Credits
CPTR 0110	First Aid and CPR	30	1
CPTR 0220	Concepts of Training and Cardiovascular Rehabilitation of Muscle	60	2
CPTR 0297	Seminar for Trainers	30	1
CPTR 0320	Training for Special Populations II	90	3
CPTR 0340	Administration in Personal Training	90	3
CPTR 0350	Practice in Personal Trainer	120	4
Subtotal		420	14
TOTAL		1,140	38

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