



21250 Stevens Creek Blvd.
Cupertino, CA 95014
408-864-5678
www.deanza.edu

2008 - 2009

Personal Fitness Trainer

**Physical Education and
Athletics Division**
PE 4 Room 41
408-864-8751

Counseling Center
Student and Community
Services Bldg. 2nd Fl.
408-864-5400

Career Center
Student and Community
Services Bldg. 2nd Fl.
408-864-5711

Skills Certificates Awarded by the Department

Skills Certificates (programs requiring fewer than 18 units) are issued by the individual departments and are not notated on official college transcripts. Please contact the department directly for assistance and to apply for Skills Certificates.

Personal Fitness Trainer

Skills Certificate

Completion of each required course at De Anza College with a passing grade ("C" or better/"P") is required.

Current CPR certification required when applying for the certificate.

P E 85	Exercise Science	2
P E 85A	Personal Fitness Trainer	2
P E 85S	Fitness Assessment for Personal Trainers	3
P E 77X	Special Projects	1
NUTR 62	Nutrition and Athletic Performance	2

Complete a minimum of two (2) units from the following:

P E 35	Care and Prevention of Athletic Injuries (4)	
P E 53	Stress Management (2)	
P E 54	Introduction to Massage (4)	
P E 85M	Introduction to Athletic Injuries (2)	
NUTR 10	Contemporary Nutrition (4)	
NUTR 62G	Dieting (Sifting Fact from Fiction) (0.5)	1
	Total Units Required	12