

PVCC STRENGTH AND PERSONAL TRAINER **CERTIFICATE PROGRAM**

Recommended Course Sequencing

(Class offerings subject to change – check the Schedule of classes or PVCC web for finalized days/times/semesters)

*Sequence is for students starting Summer 2007

Many of the evening classes are FLEX Express (distance learning – some in classroom)

DAY STUDENTS

The following semester course sequence provides a recommended framework for DAY students completing this program of study in 3 semesters. NOTE: The 3 semester form is recommended ONLY for highly motivated students with excellent grades and study skills. We recommend that when taking the PED 130/145/275/285 series, you limit your course enrollment during the semester to the 4 classes. These classes require high levels reading, self-study, and homework assignments. We suggest you take them at the end of your program, just prior to taking your National Certification exam.

SUMMER SESSION

PED 112 - 8 weeks FLEX/online supported

PED 125 - 8 weeks FLEX/online supported

FALL SEMESTER

BIO 160 - F– full day

PED 130 - MW 1st 8 weeks 11:00 -1:40p F110 / F131

PED 145 - MW 1st 8 weeks 8:00-10:40a F131

PED 275 - MW 2nd 8 weeks 11:00 -1:40p Labs at Velocity Sports

PED 285 -MW 2nd 8 weeks 8:30 – 11:10a F131

SPRING SEMESTER

HES 154 - TR 7:45-10:20a - 1st 8 weeks FLEX/online supported F131

HES 100 - F 9:00-11:40 Flex or Online F131

HES 271 - M 1st 8 weeks FLEX/online supported

DAY STUDENTS

The following semester course sequence provides a recommended framework for DAY students completing this program of study in 5 semesters.

SUMMER SESSION

PED 112 - 8 weeks FLEX/online supported

PED 125 - 8 weeks FLEX/online supported

FALL SEMESTER

BIO 160 - F- full day

PED 130 - MW 1st 8 weeks 11:00 -1:40p F110 / F131

PED 275 - MW 2nd 8 weeks 11:00 -1:40p Labs at Velocity Sports

SPRING SEMESTER

HES 154 - TR 7:45-10:20a - 1st 8 weeks F131

HES 100 - F 9:00-11:40 Flex or Online

FALL SEMESTER

PED 145 - MW 1st 8 weeks 8:00-10:20a F131

PED 285 - MW 2nd 8 weeks 8:30-11:10a F131

SPRING SEMESTER

HES 271 - M 6:00-8:40p F136

EVENING STUDENTS

The following semester course sequence provides a recommended framework for EVENING students completing this program of study in 4 semesters.

SUMMER SESSION

BIO 160 online – Rio Salado College

FALL SEMESTER

PED 112 - 1st 8 week FLEX/online supported

HES 271 - 1st 8 weeks 8 week FLEX/online supported

PED 125 - 2nd 8 weeks 8 week FLEX/online supported

HES 100 (online full semester)

SPRING SEMESTER

PED 145 1st 8 weeks FLEX/online supported

PED 130 1st 8 weeks FLEX/online supported

PED 275 2nd 8 weeks FLEX/online supported - Labs at Velocity Sports

PED 285 2nd 8 weeks FLEX/online supported

SUMMER SESSION

HES 154 8 weeks FLEX/online supported

EVENING STUDENTS

The following semester course sequence provides a recommended framework for EVENING students completing this program of study in 6 semesters.

SUMMER SESSION

BIO 160 online – Rio Salado College

FALL SEMESTER

PED 112 1st 8 weeks FLEX/online supported

PED 125 2nd 8 weeks FLEX/online supported

SPRING SEMESTER

PED 130 1st 8 weeks FLEX/online supported)

PED 275 2nd 8 weeks FLEX/online supported

SUMMER SESSION

HES 154 8 weeks FLEX/online supported

FALL SEMESTER

HES 100 (online)

HES 271 1st 8 weeks FLEX/online supported

SPRING SEMESTER

PED 145 1st 8 weeks FLEX/online supported

PED 285 2nd 8 weeks FLEX/online supported

EVENING STUDENTS working FT taking 1-2 classes per semester

The following semester course sequence provides a recommended framework for EVENING students completing this program of study in 8 semesters.

SUMMER SESSION

BIO 160 online – Rio Salado College

FALL SEMESTER

PED 112 - 1st 8 weeks FLEX/online supported

SPRING SEMESTER

PED 130 - 1st 8 weeks FLEX/online supported

SUMMER SESSION

HES 154 - 1st 8 weeks FLEX/online supported

FALL SEMESTER

PED 125 - 2nd 8 weeks FLEX/online supported

HES 100 (online)

SPRING SEMESTER

PED 145 - 1st 8 weeks FLEX/online supported

FALL SEMESTER

HES 271 - 1st 8 weeks FLEX/online supported

SPRING SEMESTER

PED 275 - 2nd 8 weeks FLEX/online supported Labs at Velocity Sports

PED 285 - 2nd 8 weeks FLEX/online supported

Updated 2/26/07