

Personal Training at #206 and Health & Wellness at #208 Curriculum CIP #399031 Athletic Training

NYSED CTE Approved for Endorsement - 2014, Re-Approval June 2019

*Students are required to take ½ credit of the NYSED mandated Career & Financial Management (CFM) curriculum (Course #CF01G) and a ½ credit of the CTE course specific CFM curriculum (Course #CF02G).

Grade	Course #	Units Taught	Hours of Instruction	CCLS ELA	CCLS Math	
10	PT02M	1	Orientation	6	RST 2,3,4; SL 1,4; W 2,4;L 1,2	NQ 1-3
		2	Goal Setting/Coaching	14	RST 2,4,5,7; SL 1,3,4,6; W 1,4,5,10;L 1,2	SIC 1,6; SID 2,3,6,7,9
		3	Exercise Science	40	RST 2,3,4,5; SL 1,3,4,6; W 2,4,5,10	
		4	Interpreting Industry Information	18	RST 1,2,4,6,7,8; SL 1,3,4,6; W 1,2,4,5,6,7,8,9,10;L 1,2	
		5	Personal Fitness	12	RST 1,2,4,5; SL 1,3,4; W 4,5,9,10;L 1,2	NQ 1-3
		6	Safety and Injury Prevention	8	RST 1,2,4,5,6,7; SL 1,3,4,6; W 2,4,5,6,7;L 1,2	
		7	Health Screening	48	RST 3,4,5,6,7; SL 1,3,4,6; W 2,4,5,6,7;L 1,2	NQ 1-3; GGMD 1,2,3
		8	Personal Fitness Programming	36	RST 1,2,3,4,5,7; SL 1,3,4,6; W 1,2,4,5,6;L 1,2	NQ 1-3
		9	Nutrition	52	RST 1,2,4,5,6,7,8; SL 1,3,4,6; W 1,2,4,5,6,9,10; L 1,2	SIC 1,6; SID 2,3,6,7,9
		10	Employability	24	RST 2,4,7; SL 1,4; W 4,5,10;L 1,2	
		11	Industry Expert Series	12	RST 2,4,7; SL 1,4; W 4,5,6;L 1,2	
			Total 270			
11	PT03M	1	Orientation	6	RST 2,3,4; SL 1,4; W 2,4;L 1,2	NQ 1-3; SIC 1,6; SID 2,3,6,7,9
		2	Goal Setting/Coaching	12	RST 2,4,5,7; SL 1,3,4,6; W 1,4,5,10;L 1,2	
		3	Exercise Science	72	RST 2,3,4,5; SL 1,3,4,6; W 2,4,5,10;L 1,2	
		5	Communication and Rapport	6	RST 2,4,6; SL 1,2,4,5; W 1,4,5,9,10;L 1,2	
		6	Behavior Change Psychology	6	RST 1, 2, 3, 4, 5,6, 7; SL 1,2,4,5; W 1,2,4,5,7,9,10	NQ 1-3; SIC 1,6; SID 2,3,6,7,9
		7	Background, Functional & Physiological Assessments	48	RST 2,3,4,5,6,8; SL 1,2,4; W 1,2,4,5,6,7,10;L 1,2	
		8	Composing Fitness Programs	48	RST 1,2,3,4,5,6,7,8; SL 1,2,3,4,6; W 1,2,4,5,6,7,8,9,10;L 1,2	
		9	Nutrition	16	RST 1,2,4,5,6,7,8; SL 1,3,4,6; W 1,2,4,5,6,9,10;L 1,2	
		10	Business Skills	16	RST 1,2,4,5,6,7,8; SL 1,2,4,5; W1,2,4,5,6,7,8,9,10;L 1,2	
		11	Field Experiences	32	RST 1,2,3,4,7,9; SL 1,2,3,4; W 2,4,5;L 1,2	NQ 1-3; SIC 1,6; SID 2,3,6,7,9
		12	First Aid/CPR Training	8	RST 1,3,4,6; SL 1,2,3,4; W 2,4,5;L 1,2	
					Total 270	
12	PT04M	1	Orientation	6	RST 2,3,4; SL 1,4; W 2,4;L 1,2	NQ 1-3; SIC 1,6; SID 2,3,6,7,9
		2	Goal Setting/Coaching	14	RST 2,4,5,7; SL 1,3,4,6; W 1,4,5,10;L 1,2	SIC 1,6; SID 2,3,6,7,9
		3	Exercise Science	30	RST 2,3,4,5; SL 1,3,4,6; W 2,4,5,10;L 1,2	NQ 1-3; APR 6,7; AR 1,2
		4	Injuries and Programming	14	RST 1,2,4,5; SL 2,4; W 1,2,4,5,9,10;L 1,2	SIC 1,6; AS 4; ACE 1
		5	Special Populations	18	RST 1,2,4,5; SL 2,4; W 1,2,4,5,9,10;L 1,2	
		6	Wellness Field Specialties	18	RST 4,6; SL 1,2,4,6; W 2,4,5,6,7,8,10;L 1,2	
		7	Background, Functional & Physiological Assessments	20	RST 2,3,4,5,6,8; SL 1,2,3,4; W 1,2,4,5,6,7,10;L 1,2	GGMD 1,2,3; NQ 1-3; SIC 1,6; SID 2,3,6,7,9
		8	Composing Fitness Programs/Training Clients	40	RST 1,2,3,4,5,6,7,8; SL 1,2,3,4,6; W 1,2,4,5,6,7,8,9,10;L 1,2	
		9	Nutrition	6	RST 1,2,4,5,6,7,8; SL 1,3,4,6; W 1,2,4,5,6,9,10;L 1,2	
		10	Role and Scope of Personal Trainers	8	RST 1,2,4,5,6,7,8; SL 1,2,4,5; W1,2,4,5,6,7,8,9,10;L 1,2	
		11	Business Skills	16	RST 1,2,4,5,6,7,8; SL 1,2,4,5; W1,2,4,5,6,7,8,9,10;L 1,2	
		12	Internships	60	RST 3,4,6,7; SL 1,3,4,6; W 2,4,5,9,10;L 1,2	
		13	Certification Preparation	20	RST 2,3,4,7; SL 2,4; W 2,8,9,10;L 1,2	
					Total	

