Northland Pioneer College

Name _____
NPC ID _____
Total Credits 24

HPE - 2026-27 Catalog *Blocks are suggested for full-time students, but may be adjusted based on course scheduling, student employment, or individual needs. Courses Highlighted lead to the Certificate of Proficiency.*

Personal Training & Rehabilitation	Certificate of Proficiency 24 credits

(Semester 1)

X	Course	Notes	credits
	HPE 113 - Foundations of Strength & Conditioning		3
	HPE 146 - Personal Training	*Prerequisite to HPE 113 or Instruction Permssion	3
	HPE 162 - Exercise Physiology		4
	HPE 178 - Professional Activities in Weight Training		2
	HPE 181 - Fitness and Performance		1

(Semester 2)

X	Course	Notes	credits
	HPE 179 - Professional Activities in Aerobic Training		2
	HPE 200 - Rehabilitative Techniques		3
	HPE 210 - Prevention and Care of Athletic Injuries		3
	HPE 250 - Physical Therapy Technician		3

Key

* = Course Prerequisites are addressed in the program sequences.

Notes: This checksheet is a suggestion of how this program can be completed as a full-time student and may need to be adjusted based on the semester you start or your personal circumstance. Students should consult an advisor when they plan their individual completion path.

General education options are located in section IV, Programs, of the NPC college catalog. To be sure your general education course applies to your degree, speak with your Academic Advisor. The online version of the college catalog is located on our public website: https://www.npc.edu/college-catalog

Your Academic Plan

Semester_____Year_____

Course	Credits	Grade

Semester_____Year_____

Course	Credits	Grade

Semester_____Year_____

Course	Credits	Grade

Semester_____Year_____

Course	Credits	Grade

Semester_____Year_____

Course	Credits	Grade

Semester_____Year_____

Course	Credits	Grade