

# EXERCISE SCIENCE: FITNESS SPECIALIST, CERTIFICATE OF ACHIEVEMENT

To earn a Certificate of Achievement in Exercise Science: Fitness Specialist, students complete 18 or more specified units. The Fitness Specialist Certificate of Achievement will prepare students for careers in entry level jobs in the fitness and health industry. This program provides applied knowledge and leadership skills necessary for students to become Personal Trainers and/or Group Fitness Instructors. In addition to acting as a primary hiring qualification for major fitness employers, the earning of this certificate may also serve as a means for current fitness professionals to earn wage increases and career advancement.

| Course ID                                       | Title                                      | Units/<br>Hours |
|---|--|-----------------|
| General Education                               |  |                 |
| <b>Required Courses</b>                         |  |                 |
| BUS M30   | Introduction to Business                   | 3               |
| KIN M16   | Personal Training Principles               | 3               |
| KIN M17   | Teaching Group Fitness                     | 3               |
| KIN M18   | Foundations of Fitness                     | 3               |
| <b>Program Electives</b>                        |  |                 |
| Select a minimum of 6 units from the following: |  | 6               |
| ANAT M01  | Human Anatomy <sup>1</sup>                 | 4               |
| BIOL M01  | Introduction to Biology <sup>1</sup>       | 4               |
| HED M03   | Nutrition, Fitness, and Stress Management  | 3               |
| HED M05   | First Aid, CPR, AED & Emergency Procedures | 3               |
| KIN M13   | Prevention and Care of Athletic Injuries   | 3               |
| KIN M80   | Internship in Kinesiology                  | 1-4             |
| NTS M01   | Introduction to Nutrition Science          | 3               |
| PHSO M01/M01H                                   | Human Physiology <sup>1</sup>              | 4               |

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Students planning on transferring to a university should select two of the following courses: ANAT M01 Human Anatomy (Units: 4), BIOL M01 Introduction to Biology (Units: 4), or PHSO M01 Human Physiology (Units: 4).

|                          |                              |                    |
|--------------------------|------------------------------|--------------------|
| <b>Year 1</b>            |                              |                    |
| <b>Fall Semester</b>     |                              | <b>Units/Hours</b> |
| BUS M30                  | Introduction to Business     | 3                  |
| KIN M16                  | Personal Training Principles | 3                  |
| KIN M18                  | Foundations of Fitness       | 3                  |
| <b>Units/Hours</b>       |                              | <b>9</b>           |
| <b>Spring Semester</b>   |                              |                    |
| KIN M17                  | Teaching Group Fitness       | 3                  |
| <b>Units/Hours</b>       |                              | <b>3</b>           |
| <b>Total Units/Hours</b> |                              | <b>12</b>          |

|                              |                         |                    |
|------------------------------|-------------------------|--------------------|
| <b>Year 1</b>                |                         |                    |
| <b>Fall Semester</b>         |                         | <b>Units/Hours</b> |
| Program Electives (6 units): |                         |                    |
| ANAT M01                     | Human Anatomy           | 4                  |
| BIOL M01                     | Introduction to Biology | 4                  |

|                          |  |              |
|--------------------------|--|--------------|
| HED M03                  | Nutrition, Fitness, and Stress Management  | 3            |
| HED M05                  | First Aid, CPR, AED & Emergency Procedures | 3            |
| KIN M13                  | Prevention and Care of Athletic Injuries   | 3            |
| KIN M80                  | Internship in Kinesiology                  | 1-4          |
| NTS M01                  | Introduction to Nutrition Science          | 3            |
| PHSO M01                 | Human Physiology                           | 4            |
| <b>Units/Hours</b>       |  | <b>25-28</b> |
| <b>Total Units/Hours</b> |  | <b>25-28</b> |

Upon successful completion of this program, students will be able to:

- understand and demonstrate the necessary skills for being successful within the field of personal training.
- understand and demonstrate the core components to foundations of group fitness.
- be prepared to test for two accredited personal training certifications: National Academy of Sports Medicine (NASM) and National Strength Conditioning Association (NSCA).
- be prepared to take the certification exam for the American Council on Exercise (ACE) group fitness instructor.