

# EXERCISE SCIENCE: FITNESS SPECIALIST, CERTIFICATE OF ACHIEVEMENT

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.

To earn a Certificate of Achievement in Exercise Science: Fitness Specialist, students must complete the Required Core Courses.

Course ID	Title	Units/ Hours
<b>REQUIRED CORE 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>Electives</b>		<b>12</b>
<b>Total Units for the Certificate</b>		<b>18</b>

Course ID	Title	Units/ Hours
<b>Electives - complete a minimum of 6 units</b>		
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	Work Experience Education in Kinesiology	1-4
NTS M01	Introduction to Nutrition Science	3
PHSO M01	Human Physiology <sup>1</sup>	4
or PHSO M01H	Honors: Human Physiology	

<sup>1</sup> 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).

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

- identify the necessary skills for being successful within the field of personal training.
- demonstrate program design and instruction within group fitness.
- test for two accredited personal training certifications.
- test for a certified group fitness instructor exam.