

SPORTS, FITNESS, AND RECREATION MANAGEMENT, CERTIFICATE OF ACHIEVEMENT

The Sports, Fitness, and Recreation Management Certificate of Achievement prepares students for entry-level employment in sports organizations, fitness centers, and community recreation programs. Coursework emphasizes leadership, facility operations, event coordination, marketing, and professional communication. Students develop applied skills to support programs and services across diverse sport, fitness, and recreation environments. This certificate provides direct workforce preparation and a stackable pathway into the Associate of Arts in Sports, Fitness, and Recreation Management.

Course ID	Title	Units/ Hours
Required Major Courses: Complete the following (9 units):		
KIN R110	Introduction to Sports Management	3
KIN R100	Introduction to Kinesiology	3
BUS R120	Introduction to Business	3
Complete a minimum of 7 units from the following courses:		
KIN R101	First Aid, CPR, and AED	3
BUS R121	Introduction to Management	3
BUS R135	Social Media Marketing	1.5
KIN R199	Directed Studies in Kinesiology	1-3
KIN R201	Introduction to Exercise Physiology, Assessment, and Program Design	3
KIN R202	Introduction to Applied Kinesiology, Functional Anatomy, and Training Techniques	3
KIN R120A	Kickboxing for Fitness I	1
KIN R121A	Boxing for Fitness I	1
KIN R123A	Escrima/Filipino Martial Arts I	1
KIN R124A	Jujitsu I	1
KIN R162A	Soccer I	1
KIN R163A	Basketball I	1
KIN R164A	Baseball I	1
KIN R165A	Volleyball I	1
KIN R170A	Flag Football I	1
KIN R148	Power Lifting and Free Weights	1
HED R104	Personal Health and Wellness	3
HED R102	Fitness/Nutrition/Mental Wellness	3
HIST R124	Sports in American History	3
KIN R203	Psychology of Sport and Fitness	3
KIN R204	Theory of Coaching	3
KIN R205	Women in Sport and Fitness	3
Total Units Required for the Certificate:		16

To earn a Certificate of Achievement, students must complete all courses within the certificate with a grade of "C" or better (or "P").

Year 1		
Fall Semester		Units/Hours
KIN R110	Introduction to Sports Management	3
BUS R120	Introduction to Business	3
Units from LIST A		0-3
		Units/Hours
		6-9
Spring Semester		
KIN R100	Introduction to Kinesiology	3
Units from LIST A		4-7
		Units/Hours
		7-10
Total Units/Hours		13-19

- demonstrate leadership, organization, and communication skills to support daily operations, programs, and services in sports, fitness, and recreation environments.
- apply basic principles of event coordination, facility management, marketing, and customer service to assist with program delivery in sport, fitness, and community recreation settings.
- exhibit professional conduct, teamwork, and ethical practices while supporting inclusive recreation and fitness services for diverse populations.