

FITNESS SPECIALIST CERTIFICATE OF ACHIEVEMENT

The Fitness Specialist Certificate is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. Students will gain academic knowledge and fitness skills through the required course work, as well as develop the skills necessary to apply this knowledge in a vocational setting. The curriculum has been designed to equip the student with a scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training.

Code	Title	Units
Required Courses:		
KIN 080	Techniques of Weight Training	2
KIN 081	Exercise and Fitness Assessment	2
KIN 101	Sports Psychology	3
KIN 104	Exercise Nutrition	3
KIN 200	Introduction to Kinesiology	3
KIN 231	First Aid and CPR	3
Total Units		16

Code	Title	Units
Optional Work Experience Course:		
KIN 098	Kinesiology Work Experience	1-4

Students working for certificates must have a basic knowledge of arithmetic, reading and writing in order to learn and work in the occupations they select.

This is a Gainful Employment Program

Program Learning Outcomes

At the completion of this program, students will be able to:

- Select safe and effective exercise practices.
- Develop and implement group and individual exercise programs.
- Explain how human anatomy, physiology, and nutrition applies to physical fitness.
- Apply and demonstrate exercise testing skills and techniques to real world situations, such as individual client fitness assessments.
- Develop specialized fitness programs to meet the needs of the targeted individual.