

CERTIFICATE OF ACHIEVEMENT



Community Health Worker

The Community Health Worker Certificate of Achievement is designed to prepare students for employment as a health professional in the medical, education, and health and wellness career field. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job promoting community health and education. Courses in nutrition, special populations, psychology/sociology, first aid, and lifelong physical activity will prepare the student for responsibilities in the field of health. The program will also expose students to other areas such as health education, healthcare services, gerontology, wellness promotion, pre-allied health, nutritional science, counseling/social advocacy services, public health, and medical fields.

To acquire the **Certificate of Achievement in Community Health Worker**, it is necessary to complete the following courses:

Required Courses		Units	N	IP	C
KIN 122	Nutrition for Sport and Fitness	3			
KIN 146	Training Principles for Special Populations	2			
KIN 193	Standard First Aid and CPR	3			
KIN 197	Prevention and Treatment of Athletic Injuries	3			
KIN 191	Health: Personal Issues	3			
or KIN 192	Health: Women's Personal Health				
or KIN 196	Health: Fitness and Wellness				
PSY 180	Positive Psychology	3			
or SOC 102	Major Social Problems				
CWEG 290	Cooperative Work Experience/General	1			
Choose two courses from the list below:					
KINA 120	Swim for Fitness	1			
KINA 130	Lifelong Fitness Laboratory	1-2			
KINA 132	Aqua Aerobics	1			
KINA 136	Pilates Mat I	1			
KINA 139	Cross Training for Fitness	1			
KINA 140	Walking for Fitness	1			
KINA 158	Yoga I	1			
Total units needed for Certificate of Achievement		20-21			
Units Completed					