

# CERTIFICATE OF ACHIEVEMENT



# Fitness Specialist

The Fitness Specialist Certificate Program 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 certificate is designed to be completed in one calendar year for students who attend full-time and may lead to immediate employment opportunities. The curriculum has been designed to equip the student with the scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, flexibility, core strength, cardiovascular exercise and resistance training. Students will also be prepared to pass national certification exams in health, fitness, strength and conditioning. The program will prepare students for transfer to a university in order to pursue a higher degree in various areas of study.

To acquire the **Certificate of Achievement in Fitness Specialist** it is necessary to complete the following courses with a grade of "C" or better:

Required Courses	Units	N	IP	C
KIN 115 *Fitness Specialist Internship	2			
KIN 122 Nutrition for Sport and Fitness	3			
KIN 126 Principles of Strength and Conditioning	3			
KIN 127 Exercise Physiology	3			
KIN 128 Fitness Testing and Exercise Prescription	3			
KIN 131 Functional Anatomy of Movement	3			
KIN 145 Theory and Analysis of Fitness Instruction	2			
KIN 146 Training Principles for Special Populations	2			
<b>Choose two courses from the list below:</b>				
KINA 130 Lifelong Fitness Laboratory	1-2			
KINA 134 Cardio Boot Camp	1			
KINA 136 Pilates Mat I	1			
KINA 158 Yoga I	1			
KINA 230 *Lifelong Fitness Center II - Cardiovascular Fitness	1-2			
KINA 258 *Yoga II	1			
DANC 114 Conditioning and Alignment for the Dancer	1			
DANC 167 Latin Dance for Fitness	1			
<b>Total units needed for Certificate of Achievement</b>	<b>23-25</b>			
Units Completed				
*Prerequisite/Corequisite				