

# CERTIFICATE OF ACHIEVEMENT



# Health, Safety, and Wellness

The Certificate of Achievement in Health, Safety, and Wellness prepares students for entry-level work in city recreation sport and youth programs. Students in the program learn nutrition essentials, explore health and wellness concepts, and evaluate personal strategies to manage stress and anxiety levels. Students also have the opportunity to fulfill the requirements for American Red Cross certifications in Standard First Aid, Cardiopulmonary Resuscitation (C.P.R.), and Automatic Defibrillation (A.E.D.) as a core element of achieving this certificate. The Health, Safety and Wellness Certificate of Achievement can be completed in one year.

To acquire the **Certificate of Achievement in Health, Safety, and Wellness**, it is necessary to complete the following courses:

<b>Required Courses</b>	<b>Units</b>	<b>N</b>	<b>IP</b>	<b>C</b>
KIN 122 Nutrition for Sport and Fitness	<b>3</b>			
KIN 193 Standard First Aid and C.P.R.	<b>3</b>			
<b>Select one of the following courses:</b>				
KIN 196 Health: Fitness and Wellness	<b>3</b>			
KIN 191 Health: Personal Issues	<b>3</b>			
KIN 192 Health: Women's Personal Health	<b>3</b>			
<b>Total units needed for Certificate of Achievement</b>	<b>9</b>			
Units Completed				