

EXERCISE SCIENCE: FITNESS SPECIALIST (CERT)

CERTIFICATE OF ACHIEVEMENT

The Fitness Specialist Certificate of Achievement provides a basic knowledge of anatomy and physiology, fitness and health testing, exercise design and training philosophies, and legalities related to being a fitness professional. Students interested in working independently in the fitness industry may find this course of study beneficial.

Program Student Learning Outcomes

- Explain the basics of the body's function, muscular and cardiovascular systems, physiological adaptation to exercise, and health benefits of exercise with a focus on the five components of fitness.
- Students demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to the energy systems.
- Utilize and interpret standardized fitness assessment tools with the goal of evaluating an individual's fitness level to develop an individualized exercise prescription.
- Students demonstrate an understanding of sport and exercise safety, injury prevention, and basic injury treatment.
- Value sport and exercise safety, injury prevention, basic injury treatment and display proficiency in basic emergency procedures and Cardiopulmonary resuscitation.
- Students display proficiency in basic emergency procedures and Cardiopulmonary Resuscitation.
- Employ skills to work independently in the fitness industry with the ability to lead individuals or groups in exercise programs and identify the business aspects of the fitness industry.
- Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.
- Communicate the importance of eating a healthy diet and living an active lifestyle to others.

Program Requirements

Code Number	Course Title	Units
Department Requirements		
KIN 102	Introduction to Athletic Training	3.0
KIN 104	Fitness and Wellness	3.0
KIN 110 or HED 110	Community First Aid and CPR Community First Aid and CPR	3.0
KIN 202	Measurement and Interpretation of Fitness	3.0
KIN 203	Programs and Principles of Conditioning	3.0
KIN 205	Anatomical Movement Analysis	3.0
KIN 271B	Work Experience in Fitness	1.0
BA 100	Fundamentals of Business	3.0
Total Units		22