

EXERCISE SCIENCE: FITNESS TRAINER (CERT)

CERTIFICATE OF ACHIEVEMENT

The Fitness Trainer Certificate of Achievement is designed to prepare students for nationally recognized Personal Training and Exercise Professional certifications. Students will acquire basic tools and knowledge to work as a fitness professional in a variety of settings.

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.
- Utilize and interpret standardized fitness assessment tools with the goal of evaluating an individual's fitness level to develop an individualized exercise prescription.
- Value exercise safety, injury prevention, and 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.
- 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 110	Community First Aid and CPR	3.0
or HED 110	Community First Aid and CPR	
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
Total Units		13