

FITNESS SPECIALIST CERTIFICATION---ADVANCED

Certificate of Achievement
Career/Technical (Major Code: 01362)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

Program Student Learning Outcomes

- Students will learn the aspects of a variety of diverse situations in the fitness setting with respect to CPR and first aid, risk assessment and basic protocol of injury management.
- Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings.
- Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population.

Gainful Employment

The U.S. Department of Education requires colleges to disclose a variety of information for any financial aid eligible program that “prepares students for gainful employment in a recognized occupation.”

Students who complete this program will have acquired the necessary analytical tools to successfully secure gainful employment in the field of study.

For more information regarding the data provided for this program and what it means to you as a student, please feel free to visit our SWC Gainful Employment website at: www.swccd.edu/gainfulemployment (<http://www.swccd.edu/gainfulemployment/>).

Code	Title	Units
Program Requirements		
HLTH 110	FIRST RESPONDER	3
HLTH 202	NUTRITION FOR ATHLETES	3
ES/T 107	FITNESS ASSESSMENT AND LABORATORY	2.5
ES/T 135	INTRODUCTION TO EXERCISE PHYSIOLOGY	2
ES/T 136	TECHNIQUES OF WEIGHT TRAINING	2
ES/T 137	EXERCISE FOR SPECIAL POPULATIONS	2
ES/T 138	TECHNIQUES OF EXERCISE LEADERSHIP	2
ES/T 139	FITNESS SPECIALIST INTERNSHIP	3
ES/T 140	INTRODUCTION TO APPLIED KINESIOLOGY	2
ES/T 250	PREVENTION AND CARE OF ATHLETIC INJURIES	2
Total Units		23.5