

FITNESS SPECIALIST CERTIFICATION: BASIC

Certificate of Proficiency
Career/Technical (Major Code: 01361)

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

- 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.
- Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings.

Course List

Code	Title	Units
Program Requirements		
HLTH 202	NUTRITION FOR ATHLETES	3
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
Total Units		16