

## FITNESS SPECIALIST CERTIFICATE

**CERTIFICATE OF ACHIEVEMENT (TRANSCRIPTED)** 

## Description

The Fitness Specialist Certificate program prepares students for employment in the fitness industry by combining a science-based academic foundation with an abundance of experiential learning. Students gain knowledge of Kinesiology principles while developing fitness assessment, exercise leadership, and individual & group exercise programming skills. The program is designed to get students into the industry as soon as possible but includes transferrable coursework for students seeking to further their education in Kinesiology-related fields.

## **Program Learning Outcomes**

Upon successful completion of this program, students will be able to:

- 1. Students will select, execute, interpret, and communicate results from various fitness assessment field tests based upon age, gender, fitness level, and cultural differences.
- 2. Students will design a helath-related or performance related program for apparently healthy individuals and several special populations.
- 3. Students will lead personal training sessions as well as a variety of small and large group exercise activities.

Required Courses         Units (13-14 Required)           KNPR101         Introduction to Kinesiology         3           KNPR202         Introduction to Personal Training         3           KNPR203         Techniques of Exercise Leadership         1           KNPR110         Kinesiology-related Occupational Work Experience         1-8           KNPR110 or         Nutrition and Fliness         2           MUTR115 or         Nutrition         3           NUTR115 or         Honors Nutrition         3           KNHE108 and         Tonors Nutrition         3           KNHE108 and         Beginning Assarts         Units: (2 Required)           KNAC1400A         Beginning Kartas         5-1           KNAC150A         Beginning Haths Yoga         5-1           KNAC150A         Beginning Malking Yoga         5-1           KNAC170A         Beginning Malking Yoga         5-1           KNAD211B         Intermediate Adapted Aquatics         5-1           KNAD211B         Intermediate Adapted Aquatics         5-1           KNAD214B         Beginning Malking Yoga         5-1           KNAD218B         Intermediate Stability Ball         1-1           KNAE144A         Beginning Stability Ball         1-1 <th></th> <th>Degree Requirements:</th> <th></th>		Degree Requirements:	
KNPR202         Introduction to Personal Training         3           KNPR205         Techniques of Exercise Leadership         1           KNPR110         Kinesiology-related Occupational Work Experience         1.8           KNPR110 or         Nutrition and Fitness         2           NUTR115 or         Nutrition         3           NUTR115H         Honors Nutrition         3           KNBE106 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC140A         Beginning Karate         0.5 - 1           KNAC155A         Beginning Karate         0.5 - 1           KNAC140A         Beginning Mayoga         0.5 - 1           KNAC170A         Beginning Adapted Aquatics         0.5 - 1           KNAC170A         Beginning Making-Upaging Freitness         0.5 - 1           KNAE140A         Beginning Walking-Upaging Freitness         0.5 - 1           KNAF140A         Beginning Stability Ball         0.5 - 1           KNAF146A         Beginning Stability Ball Training         0.5 - 1           KNAF156A         Beginning Cardio Kickboxing         0.5 - 1      <	Required Courses		Units: (13 - 14 Required)
KNPR205         Techniques of Exercise Leadership         1           KNPR110         Kinesiology-related Occupational Work Experience         1 - 8           KNHE104 or         Nutrition         2           NUTR115 or         Nutrition         3           NUTR115H         Honors Nutrition         3           KNHE108 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC140A         Beginning Karate         0.5 - 1           KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF143A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF145A         Beginning Stability Ball         1           KNAF146A         Beginning Stability Ball Training         0.5 - 1           KNAF155A         Beginning Stability Ball Training         0.5 - 1           KNAF156A         Beginning Cardio Klckboxing         0.5 - 1	KNPR101	Introduction to Kinesiology	3
KNRF1110         Kineslology-related Occupational Work Experience         1 - 8           KNHE104 or         Nutrition         2           NUTR115 or         Nutrition         3           NUTR115H         Honors Nutrition         3           KNHE106 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses:         Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAP140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF145A         Beginning Stability Ball         0.5 - 1           KNAF146A         Beginning Stability Ball Training         0.5 - 1           KNAF156A         Beginning Stretch, Fixand Tone         0.5 - 1           KNAF156A         Beginning Cardio Kixkboxing         0.5 - 1           KNAF166B         Intermediate Cardio Kixkboxing         0.5 - 1           KNAF167A         Beginning Cardio Pump         0.5 - 1	KNPR202	Introduction to Personal Training	3
KNHE104 or         Nutrition and Fitness         2           NUTR115 or         Nutrition         3           NUTR115H         Honors Nutrition         3           KNHE106 and         Cardiopulmonary Resuscitation and First Ald         3           Movement Based Courses: Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC150A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAD211B         Beginning Wising/Jogging for Fitness         0.5 - 1           KNAF149A         Beginning Cross Training         0.5 - 1           KNAF149A         Beginning Stability Ball         0.5 - 1           KNAF146B         Beginning Stability Ball Training         0.5 - 1           KNAF156A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156A         Beginning Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Spinning         0.5 - 1	KNPR205	Techniques of Exercise Leadership	1
NUTR115 or         Nutrition         3           NUTR115H         Honors Nutrition         3           KNHE106 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC150A         Beginning Hatha Yoga         0.5 - 1           KNAC170A         Beginning Self-Defense         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Training         0.5 - 1           KNAF146B         Intermediate Stability Ball Training         0.5 - 1           KNAF150A         Beginning Stetch, Flex and Tone         0.5 - 1           KNAF150A         Beginning Cardio Kickboxing         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Spinning         0.5 - 1           KNAF157A         Beginning Spinning         0.5 - 1	KNPR110	Kinesiology-related Occupational Work Experience	1 - 8
NUTR115H         Honors Nutrition         3           KNHE106 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC150A         Beginning Hatha Yoga         0.5 - 1           KNAC170A         Beginning Self-Defense         0.5 - 1           KNAD211A         Beginning Yoga         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Tratining         0.5 - 1           KNAF144BA         Beginning Stability Ball         1           KNAF146BA         Intermediate Stability Ball Training         1           KNAF150A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF156A         Beginning Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Stephning         0.5 - 1           KNAF157A         Beginning Stephning         0.5 - 1	KNHE104 or	Nutrition and Fitness	2
KNHE106 and         Cardiopulmonary Resuscitation and First Aid         3           Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5-1           KNAC150A         Beginning Atatha Yoga         0.5-1           KNAC170A         Beginning Agelf-Defense         0.5-1           KNAC170A         Beginning Adapted Aquatics         0.5-1           KNAD211A         Beginning Adapted Aquatics         0.5-1           KNAD211B         Intermediate Adapted Aquatics         0.5-1           KNAF143A         Beginning Walking/Jogging for Fitness         0.5-1           KNAF143A         Boot Camp Workout         0.5-1           KNAF145A         Beginning Cross Training         0.5-1           KNAF146A         Beginning Stability Ball Training         0.5-1           KNAF156A         Beginning Stretch, Flex and Tone         0.5-1           KNAF156A         Beginning Cardio Kickboxing         0.5-1           KNAF156A         Beginning Cardio Kickboxing         0.5-1           KNAF157A         Beginning Spinning         0.5-1           KNAF157A         Beginning Spinning         0.5-1           KNF1114A         Beginning Spinning         0.5-1	NUTR115 or	Nutrition	3
Movement Based Courses - Select 2 of the following courses:         Units: (2 Required)           KNAC140A         Beginning Karate         0.5 - 1           KNAC150A         Beginning Hatha Yoga         0.5 - 1           KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF146A         Beginning Cross Training         0.5 - 1           KNAF146A         Beginning Stability Ball         1           KNAF150A         Beginning Stability Ball Training         1           KNAF156A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156A         Beginning Cardio Kickboxing         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Spinning         0.5 - 1           KNF114A         Beginning Spinning         0.5 - 1           KNF114A         Beginning Spinning         0.5 - 1           KNF	NUTR115H	Honors Nutrition	3
KNAC140A         Beginning Karate         0.5 - 1           KNAC150A         Beginning Hatha Yoga         0.5 - 1           KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Training         0.5 - 1           KNAF146A         Beginning Stability Ball         1           KNAF146B         Intermediate Stability Ball Training         0.5 - 1           KNAF156A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Cardio Kickboxing         0.5 - 1           KNFI114A         Beginning Spinning         0.5 - 1           KNFI114B         Intermediate Spinning         0.5 - 1           KNFI114B         Intermediate Spinning         0.5 - 1           KNFI114B         Beginning Weight Training         0.5 - 1	KNHE106 and	Cardiopulmonary Resuscitation and First Aid	3
KNAC150A         Beginning Hatha Yoga         0.5 - 1           KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Training         0.5 - 1           KNAF146A         Beginning Stability Ball         1           KNAF146B         Intermediate Stability Ball Training         1           KNAF150A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156B         Beginning Cardio Kickboxing         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Cardio Pump         0.5 - 1           KNFI114A         Beginning Spinning         0.5 - 1           KNFI114B         Intermediate Spinning         0.5 - 1           KNFI147A         Beginning Spinning         0.5 - 1	Movement Based Cou	urses - Select 2 of the following courses:	Units: (2 Required)
KNAC155A         Beginning Self-Defense         0.5 - 1           KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Training         0.5 - 1           KNAF146A         Beginning Stability Ball         1           KNAF146B         Intermediate Stability Ball Training         1           KNAF150A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156B         Beginning Cardio Kickboxing         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNF1114A         Beginning Spinning         0.5 - 1           KNF1114B         Intermediate Spinning         0.5 - 1           KNF1114B         Beginning Weight Training         0.5 - 1	KNAC140A	Beginning Karate	0.5 - 1
KNAC170A         Beginning Yoga         0.5 - 1           KNAD211A         Beginning Adapted Aquatics         0.5 - 1           KNAD211B         Intermediate Adapted Aquatics         0.5 - 1           KNAF140A         Beginning Walking/Jogging for Fitness         0.5 - 1           KNAF143A         Boot Camp Workout         0.5 - 1           KNAF144A         Beginning Cross Training         0.5 - 1           KNAF146A         Beginning Stability Ball         1           KNAF146B         Intermediate Stability Ball Training         1           KNAF150A         Beginning Stretch, Flex and Tone         0.5 - 1           KNAF156B         Beginning Cardio Kickboxing         0.5 - 1           KNAF156B         Intermediate Cardio Kickboxing         0.5 - 1           KNAF157A         Beginning Spinning Spinning         0.5 - 1           KNFI114A         Beginning Spinning         0.5 - 1           KNFI114B         Intermediate Spinning         0.5 - 1           KNFI114B         Beginning Weight Training         0.5 - 1	KNAC150A	Beginning Hatha Yoga	0.5 - 1
KNAD211A       Beginning Adapted Aquatics       0.5 - 1         KNAD211B       Intermediate Adapted Aquatics       0.5 - 1         KNAF140A       Beginning Walking/Jogging for Fitness       0.5 - 1         KNAF143A       Boot Camp Workout       0.5 - 1         KNAF144A       Beginning Cross Training       0.5 - 1         KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156B       Beginning Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI114B       Beginning Weight Training       0.5 - 1	KNAC155A	Beginning Self-Defense	0.5 - 1
KNAD211B       Intermediate Adapted Aquatics       0.5 - 1         KNAF140A       Beginning Walking/Jogging for Fitness       0.5 - 1         KNAF143A       Boot Camp Workout       0.5 - 1         KNAF144A       Beginning Cross Training       0.5 - 1         KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI114B       Beginning Weight Training       0.5 - 1	KNAC170A	Beginning Yoga	0.5 - 1
KNAF140A       Beginning Walking/Jogging for Fitness       0.5 - 1         KNAF143A       Boot Camp Workout       0.5 - 1         KNAF144A       Beginning Cross Training       0.5 - 1         KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156B       Beginning Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI114A       Beginning Weight Training       0.5 - 1	KNAD211A	Beginning Adapted Aquatics	0.5 - 1
KNAF143A       Boot Camp Workout       0.5 - 1         KNAF144A       Beginning Cross Training       0.5 - 1         KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI1147A       Beginning Weight Training       0.5 - 1	KNAD211B	Intermediate Adapted Aquatics	0.5 - 1
KNAF144A       Beginning Cross Training       0.5 - 1         KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI147A       Beginning Weight Training       0.5 - 1	KNAF140A	Beginning Walking/Jogging for Fitness	0.5 - 1
KNAF146A       Beginning Stability Ball       1         KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI147A       Beginning Weight Training       0.5 - 1	KNAF143A	Boot Camp Workout	0.5 - 1
KNAF146B       Intermediate Stability Ball Training       1         KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI147A       Beginning Weight Training       0.5 - 1	KNAF144A	Beginning Cross Training	0.5 - 1
KNAF150A       Beginning Stretch, Flex and Tone       0.5 - 1         KNAF156A       Beginning Cardio Kickboxing       0.5 - 1         KNAF156B       Intermediate Cardio Kickboxing       0.5 - 1         KNAF157A       Beginning Cardio Pump       0.5 - 1         KNFI114A       Beginning Spinning       0.5 - 1         KNFI114B       Intermediate Spinning       0.5 - 1         KNFI147A       Beginning Weight Training       0.5 - 1	KNAF146A	Beginning Stability Ball	1
KNAF156ABeginning Cardio Kickboxing0.5 - 1KNAF156BIntermediate Cardio Kickboxing0.5 - 1KNAF157ABeginning Cardio Pump0.5 - 1KNFI114ABeginning Spinning0.5 - 1KNFI114BIntermediate Spinning0.5 - 1KNFI147ABeginning Weight Training0.5 - 1	KNAF146B	Intermediate Stability Ball Training	1
KNAF156BIntermediate Cardio Kickboxing0.5 - 1KNAF157ABeginning Cardio Pump0.5 - 1KNFI114ABeginning Spinning0.5 - 1KNFI114BIntermediate Spinning0.5 - 1KNFI147ABeginning Weight Training0.5 - 1	KNAF150A	Beginning Stretch, Flex and Tone	0.5 - 1
KNAF157ABeginning Cardio Pump0.5 - 1KNFI114ABeginning Spinning0.5 - 1KNFI114BIntermediate Spinning0.5 - 1KNFI147ABeginning Weight Training0.5 - 1	KNAF156A	Beginning Cardio Kickboxing	0.5 - 1
KNFI114ABeginning Spinning0.5 - 1KNFI114BIntermediate Spinning0.5 - 1KNFI147ABeginning Weight Training0.5 - 1	KNAF156B	Intermediate Cardio Kickboxing	0.5 - 1
KNFI114B Intermediate Spinning 0.5 - 1 KNFI147A Beginning Weight Training 0.5 - 1	KNAF157A	Beginning Cardio Pump	0.5 - 1
KNFI147A Beginning Weight Training 0.5 - 1	KNFI114A	Beginning Spinning	0.5 - 1
	KNFI114B	Intermediate Spinning	0.5 - 1
KNFI147B Intermediate Weight Training 0.5 - 1	KNFI147A	Beginning Weight Training	0.5 - 1
	KNFI147B	Intermediate Weight Training	0.5 - 1

Total: 15.00 - 16.00

**Approval Dates:** 

CIC Approval Date: 04/20/2020

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