

PROGRAM OF STUDY

Fitness Specialist Certificate Certificate of Achievement (Transcripted)

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.

Required Courses		Units
KNPR 101	Introduction to Kinesiology	3
KNPR 202	Introduction to Personal Training	3
KNPR 205	Techniques of Exercise Leadership	1.5
KNPR 110	Kinesiology-related Occupational Work Experience	1 - 8
KNHE 104	Nutrition and Fitness	2
or		
NUTR 115	Nutrition	3
or		
NUTR 115H	Honors Nutrition	3
KNHE 106	Cardiopulmonary Resuscitation and First Aid	3
and		
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		13.5 - 21.5

Select two of the following courses:		Units
KNAC 140A	Beginning Karate	1
KNAC 150A	Beginning Hatha Yoga	1
KNAC 155A	Beginning Self-Defense	1
KNAC 170A	Beginning Yoga	1
KNAD 211A	Beginning Adapted Aquatics	1
KNAD 211B	Intermediate Adapted Aquatics	1
KNAF 140A	Beginning Walking/Jogging for Fitness	1
KNAF 143A	Beginning Extreme Fitness	1
KNAF 144A	Beginning Cross Training	1
KNAF 146A	Beginning Stability Ball	1
KNAF 146B	Intermediate Stability Ball Training	1
KNAF 150A	Beginning Stretch, Flex and Tone	1
KNAF 156A	Beginning Cardio Kickboxing	1
KNAF 156B	Intermediate Cardio Kickboxing	1
KNAF 157A	Beginning Cardio Pump	1
KNFI 114A	Beginning Spinning	1
KNFI 114B	Intermediate Spinning	1
KNFI 147A	Beginning Weight Training	1
KNFI 147B	Intermediate Weight Training	1

Total Units

15.5 - 23.5

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Program Title: Fitness Specialist Certificate

Program Code: sac.knfs.ca

Proposal Types: Program Modification

Justification for Proposal: The Kinesiology department examined completion rates and success of their existing Fitness Specialist program (deleted Spring 2013), compared it to other successful CCC programs, and decided to revise the curriculum. The program underwent such substantial changes that it was decided to re-introduce it as a new program. Program modification: Assessment of the fitness specialist program and industry feedback indicated a need to shorten the length of the program, get students into internships earlier, and improve external certification completion goals. Labor market statistics indicate that employment for fitness instructors is expected to grow much faster than the average; 24% from 2008-2018. Fitness workers should have excellent opportunities for finding work due to continued job growth in health clubs, fitness facilities, youth sports academies, and entrepreneurial endeavors. In fact, regional labor market information (LMI) shows a need for 261 annual openings; 138 new jobs and 123 replacement jobs. Median annual wages of fitness trainers and aerobics instructors in the Los Angeles / Orange County area is \$37,920; however, self-employed trainers and those with advanced degrees often earn greater than \$60,000 per year. Certification is critical to obtaining a job and trainers rarely receive on the job training. They are expected to know how to do their jobs when they are hired. Therefore, this program is designed to provide an abundance of experiential learning while preparing students for the American Council on Exercise (ACE) and/or National Academy of Sports Medicine (NASM) certification exams.

Curriculum and Instruction Council Approval Date: 12/04/2017