



# 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 health-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.

## Degree Requirements:

Required Courses		Units: (13 - 14 Required)
KNPR101	Introduction to Kinesiology	3
KNPR202	Introduction to Personal Training	3
KNPR205	Techniques of Exercise Leadership	1
KNPR110	Kinesiology-related Occupational Work Experience	1 - 8
KNHE104 or	Nutrition and Fitness	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
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
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
KNFI147B	Intermediate Weight Training	0.5 - 1

**Total: 15.00 - 16.00**

## Approval Dates:

**CIC Approval Date:** 04/20/2020

