

# DEGREES & CERTIFICATES

## FITNESS TRAINER CERTIFICATE OF ACHIEVEMENT (CA)

### About the Program

The Fitness Trainer Certificate of Achievement is designed to prepare students to be employed in the area of fitness training as personal trainers/instructors and as group fitness instructors. The courses that are offered in the certificate are to prepare students to sit for a nationally recognized fitness organization and will provide a strong foundation in the field of Kinesiology. Students who have successfully completed BIO 7A and BIO 7B may substitute them for BIO 50.

### Program Goals and Objectives

The Fitness Trainer Certificate of Achievement is designed to prepare students to be employed in the area of fitness training.

### Career Opportunities

Upon successful completion of the certificate students can pursue careers as individual fitness instructors or personal trainers, and also as group fitness instructors. These entry levels positions are primarily offered in the private sector.

### Program Outcomes

- Upon completion of the Certificate of Achievement in Fitness Trainer, students are able to develop and administer a safe and effective periodized exercise program designed for a client.
- Upon completion of the Certificate of Achievement in Fitness Trainer, students are able to estimate heart rate, maximum heart rate and, target heart rate, and perform CPR with AED and rescue breathing.
- Upon completion of the Certificate of Achievement in Fitness Trainer, students are able to identify modifiable and non-modifiable risk factors for personal health, locate health information related to behavior change processes, evaluate the credibility of those sources, and integrate and apply scientific research into individual behavior change processes for clients.
- Upon completion of the Certificate of Achievement in Fitness Trainer, students are able to work in the field of personal trainers and as a group fitness instructor, and also identify a number of career options in the kinesiology field.

### Required Core: (14 Units)

BIO 50 Anatomy and Physiology.....	4
HEA 1 Introduction to Personal Health.....	3
KIN 6 Personal Trainer.....	3.5
KIN 30 Introduction to Kinesiology.....	3
EMS 70 CPR for Health Care Providers.....	5

### List A: Select Two (2 Units)

KIN AF1 Aerobic Fitness 1.....	1
KIN AF2 Aerobic Fitness 2.....	1
KIN BC1 Boot Camp for Flexibility & Core Development.....	1
KIN BC2 Boot Camp for Aerobic Conditioning.....	1
KIN BC3 Boot Camp for Power & Strength Training.....	1
KIN BX1 Box Aerobics 1.....	1
KIN BX2 Box Aerobics 2.....	1
KIN CT1 Circuit Training 1.....	1
KIN CYCL1 Cycling 1.....	1
KIN CYCL2 Cycling 2.....	1
KIN DA1 Dance Aerobics 1.....	1
KIN FC Fitness Center.....	1
KIN FD Fitness Development.....	1
KIN GBW1 Guts and Butts Workout 1.....	1
KIN HIT1 High-Intensity Interval Training (HIIT).....	1
KIN PL1 Pilates 1.....	1
KIN PL2 Pilates 2.....	1
KIN SD1 Salsa Dance Aerobics 1.....	1
KIN WT1 Weight Training 1.....	1
KIN WT2 Weight Training 2.....	1
KIN WTW1 Women's Weight Training 1.....	1
KIN WTW2 Women's Weight Training 2.....	1
KIN ZUM1 Zumba Fitness Workout 1.....	1