

## CERTIFICATES

# CERTIFICATE IN FITNESS INSTRUCTOR TRAINING

(9.75 hrs.)

CIP: 31.0501

This training is designed for the individual interested in working in the health and fitness profession. The series of courses helps prepare the student to take personal trainer certification exams offered by the American Council on Exercise, the American College of Sports Medicine, and the National Academy of Sports Medicine. Course work also includes practical knowledge and theoretical materials that prepare students to work with clients individually. Students are required to take seven core classes and six electives for a total of 9.75 credit hours.

### CORE REQUIREMENTS: (6.25 HRS.)

EXSC 111	Fundamentals of Human Movement (1)
EXSC 112	Weight Management and Exercise Adherence (1)
EXSC 113	Exercise Physiology and Fundamentals of Anatomy (1)
EXSC 114	Health Screening and Fitness Testing (1)
EXSC 115	Exercise Prescription/Injury Management (1)
EXSC 116	Legal and Professional Responsibilities/Marketing (1)
EMSI 151L	Basic Life Support – CPR (.25)

### APPROVED ELECTIVES: (3.5 HRS.)

Choose from the following:

EXSC 120	Instructional Methods: Pilates (.5)
EXSC 122	Instructional Methods: Youth Fitness (.5)
EXSC 123	Instructional Methods: Fitness Cycling (.5)
EXSC 124	Instructional Methods: Senior Fitness (.5)
EXSC 126	Instructional Methods: Personal Training (1)
EXSC 127	Certification Review (.5)
EXSC 129	Instructional Methods: Dance Exercise (1)
EXSC 132	Instructional Methods: Alternative Strength Training (.5)
EXSC 133	Instructional Methods: Training Techniques Review (.5)
EXSC 134	Instructional Methods: Outdoor Applications (.5)

Note: See “College Success Course Requirement” on Page 8.

TOTAL 9.75 CREDITS