

FITNESS SPECIALIST: HEALTH FITNESS INSTRUCTOR/PERSONAL TRAINER, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CN_PEPT

Financial Aid Eligible

This program provides students with theory necessary to be effective in the health fitness industry (health clubs, corporate fitness, etc.). Students in this program will learn scientific principles of exercise and physical conditioning, techniques for the measurement of human performance, and methods for establishing healthy nutritional patterns.

Program Outcomes

1. Students will have the knowledge, skills & experience necessary to assess an individual's level of physical fitness and design appropriate exercise programming to improve physical fitness.
2. Students will be qualified for careers as fitness instructors, exercise testing technicians, strength coaches, or personal fitness trainers.
3. Develops a strong understanding of the business aspects of personal training, including effective practices, professional ethics, marketing, record keeping, and communication.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

Course	Title	Units
Required Courses		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A282	Introduction to Exercise Physiology	3
KIN A296	Personal Trainer	3
KIN A297	Fitness Specialist Practicum	2
KIN A298	Fitness Specialist Internship	2-3
<i>Restricted Electives - Select 3-5 units:</i>		3-5
BIOL A220	Human Anatomy	
BIOL A221	Anatomy-Physiology	
BIOL A225	Human Physiology	
KIN A202	Introduction to Kinesiology	
KIN A271	Drugs & Sports	
KIN A272	Movement Analysis	
KIN A273	Sports Medicine	
KIN A279	Sports Management	
KIN A283	Nutrition, Fitness, and Performance	
or FN A136	Nutrition, Fitness and Performance	
Any Kinesiology active participation course KIN A105-A159, A206-A259		
Total Units		19-22

Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Course	Title	Units
Year 1		
Semester 1		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A297	Fitness Specialist Practicum	2
KIN A296	Personal Trainer	3
Units		11
Semester 2		
KIN A282	Introduction to Exercise Physiology	3
KIN A298	Fitness Specialist Internship	2-3
CERT RESTRICTED ELECTIVES (See Requirements)		3-5
Units		8-11
Total Units		19-22

Recommended student take KIN A203 First Aid and CPR during intersession if no CPR & First Aid card.