

# FITNESS SPECIALIST: HEALTH FITNESS INSTRUCTOR/ PERSONAL TRAINER, ASSOCIATE IN SCIENCE DEGREE

Banner Code: 1\_AS\_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/associate-degree/>) and General Education (<https://catalog.cccd.edu/orange-coast/general-education-patterns/>).

Course	Title	Units
<b>Required Courses</b>		
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	

Course	Title	Units
Any Kinesiology active participation course KIN A105-A159, A206-A259		
<b>Total Units</b>		<b>19-22</b>
<b>Requirement</b>		<b>Units</b>
Minimum Program Major Units		19-22
AS General Education Option 1, 2, or 3		Varies
Transferable electives to satisfy unit requirement		Varies
<b>Total Minimum Degree Units</b>		<b>60</b>

## Program Sequence

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

Course	Title	Units
<b>Year 1</b>		
<b>Semester 1</b>		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A297	Fitness Specialist Practicum	2
KIN A296	Personal Trainer	3
OCC AS GE AREA A1 - CHOOSE ONE		3
<b>Units</b>		<b>14</b>
<b>Semester 2</b>		
KIN A282	Introduction to Exercise Physiology	3
KIN A298	Fitness Specialist Internship	2-3
CERT RESTRICTED ELECTIVE (See Requirements)		3-5
OCC AS GE AREA A2- CHOOSE ONE <sup>1</sup>		3-4
ELECTIVE (DEGREE APPLICABLE)		3
<b>Units</b>		<b>14-18</b>
<b>Year 2</b>		
<b>Semester 1</b>		
OCC AS GE AREA C1- CHOOSE ONE		3
Select one of the following or satisfy Math competency (completion of High School Algebra 2 with a "C" or better):		3-4
MATH A030	Intermediate Algebra <sup>2</sup>	
or MATH A045	or Combined Elementary and Intermediate Algebra	
OCC AS GE AREA B- CHOOSE ONE		3-4
OCC AS GE AREA D- CHOOSE ONE		3
ELECTIVE (DEGREE APPLICABLE)		3
<b>Units</b>		<b>15-17</b>
<b>Semester 2</b>		
OCC AS GE AREA C2- CHOOSE ONE		3
ELECTIVE (DEGREE APPLICABLE) <sup>3</sup>		14
<b>Units</b>		<b>17</b>
<b>Total Units</b>		<b>60-66</b>

<sup>1</sup> Required if 100-level MATH will not be taken to meet Math competency.  
If MATH A100 or higher will be taken, then needs to take 3-4 degree  
applicable elective units

<sup>2</sup> Math A030 or higher OR take 3-4 degree applicable elective units  
if math competency was met through completion of High School  
Algebra 2 with a "C" or better; \*100-level Math courses satisfy AS Math  
Requirement and OCC AS GE AREA A2

<sup>3</sup> VARIES TO REACH MINIMUM 60 DEGREE APPLICABLE UNITS