

# FITNESS SPECIALIST CERTIFICATE

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**Division: Kinesiology**

**PROGRAM CODE: 1C07828N**

The **Fitness Specialist Certificate (formerly Aerobic Instructor Certificate)** prepares students for occupational competency in private and corporate fitness industry. All students must complete at least 16 units. Coursework in KIN 235 C may be waived with current Red Cross cards in First Aid and CPR at the discretion of the division. To earn this certificate, students must complete the required courses as listed with a grade of C or better. At least 50% of all course work must be completed at Cypress College. This certificate requires a total of 18 units.

<b>Code</b>	<b>Title</b>	<b>Units</b>
<b>Required Courses (12 units):</b>		
KIN 235 C	First Aid, CPR and Emergencies (formerly PE 235 C)	3
KIN 272 C	Strength and Conditioning	3
KIN 274 C	Exercise Testing and Prescription	3
KIN 295 C	Kinesiology - Internship Seminar	3
<b>Elective Courses (6 units):</b>		<b>6</b>
Activity Courses - KIN 100 C - KIN 199 C (.5-1 units)		
KIN 236 C	Athletic Injuries-Prevention and Care (formerly PE 236 C)	3
KIN 248 C	Psychology of Sport (formerly PE 248)	3
KIN 249 C	Sport and United States Society (formerly PE 250 C)	3
KIN 271 C	Movement Anatomy	3
KIN 273 C	Exercise Physiology	3
<b>Total Units</b>		<b>18</b>