

# FITNESS SPECIALIST CERTIFICATE

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Division: Kinesiology

PROGRAM CODE: 1C07828N

The **Fitness Specialist Certificate (formerly Aerobic Instructor Certificate)**: Primary emphasis is to prepare the student for occupational competency in private and corporate fitness industry. Course work 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 a certificate, 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 16 units.

Code	Title	Units
<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 Prescript	3
KIN 295 C	Kinesiology - Internship Sem	3
<b>Elective Courses (4 units):</b>		
Activity Courses - KIN 100 C - KIN 201 C (.5-1 units)		
KIN 236 C	Athletic Injuries-Prevention and Care (formerly PE 236 C)	3
KIN 248 C	Psychology of Sport	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
PHS 107 C	Nutrition and World Food Issue	3
PHS 284 C	Contemporary Personal Health	3
PHS 294 C	Inter. Neurob. & Mind-body Con	3
PHS 296 C	Whole Systems Integrative Health	3
<b>Total Units</b>		<b>16</b>

## Program Student Learning Outcomes

**OUTCOME 1:** Acquire workforce preparation skills, including functional anatomy and physiology, and kinesiology skills and components of fitness, to work in the fitness/strength and conditioning industry.

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