

# FITNESS SPECIALIST CERTIFICATION: BASIC

**Certificate of Proficiency**  
**Career/Technical (Major Code: 01361)**

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

## Program Student Learning Outcomes

- Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population.
- Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings.

### Course List

| Code                        | Title                                  | Units     |
|-----------------------------|--|-----------|
| <b>Program Requirements</b> |  |           |
| HLTH 202                    | NUTRITION FOR ATHLETES                 | 3         |
| ES/T 135                    | INTRODUCTION TO EXERCISE<br>PHYSIOLOGY | 2         |
| ES/T 136                    | TECHNIQUES OF WEIGHT TRAINING          | 2         |
| ES/T 137                    | EXERCISE FOR SPECIAL POPULATIONS       | 2         |
| ES/T 138                    | TECHNIQUES OF EXERCISE LEADERSHIP      | 2         |
| ES/T 139                    | FITNESS SPECIALIST INTERNSHIP          | 3         |
| ES/T 140                    | INTRODUCTION TO APPLIED<br>KINESIOLOGY | 2         |
| <b>Total Units</b>          |  | <b>16</b> |