

FITNESS CERTIFICATE

Designed for students and health and fitness professionals, the Fitness Academic Certificate provides individuals with the knowledge and skills needed to assist clients who wish to engage in physical activity and embrace a healthy and well lifestyle.

Program Requirements

Code	Title	Credits
Program Electives		
HLTH-453	HEALTH PROMOTION	3.00
HLTH-454	WELLNESS COACHING	2.00
KIN-267	SKILL/ANALYSIS: STRENGTH DEVELOPMENT	1.00
KIN-268	SKILL AND ANALYSIS: CORE AND FLEXIBILITY	1.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	3.00
Total Credits		13.00