

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 lifestyle of health and wellness.

Program Requirements

Code	Title	Credits
Program Electives		
HLTH-454	WELLNESS COACHING	2.00
KIN-271	SKILL ANALYSIS: KINESIOLOGY	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	3.00
KIN-455	MARKETING & ADVERTISING SPT & EXRS PROF	3.00
Total Credits		14.00