# 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** |