

FITNESS SPECIALIST - PERSONAL TRAINER CERTIFICATE OF ACHIEVEMENT

State Control Number: 43569

Program Code: KIN.FSPT.CA

Program Length: 16 months

Approved for Federal Financial Aid: Pending (<https://catalog.vvc.edu/student-resources/financing-education/#Pending-FedAid>)

The Fitness Specialist/Personal Trainer Certificate is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. Students will gain academic knowledge and fitness skills through the required coursework, as well as develop the skills necessary to apply this knowledge in a vocational setting. The curriculum has been designed to equip the student with a scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training. Students will be prepared to pass national certification exams in health, fitness, strength, and conditioning, and the program will prepare students for transfer to a university to pursue a higher degree in various areas of study. It is primarily geared toward preparing students to successfully obtain certifications from NASM, NSCA (for personal training), or ACE (for group fitness instruction), and to develop a comprehensive knowledge of scientific evidence, tools, and protocols specific to the fitness industry.

Code	Title	Units
Required Courses		
HLTH 102	Contemporary Problems in Personal And½community Health	3.0
HLTH 202	Nutrition for Fitness	3.0
KIN 102	First Aid, AED and CPR	3.0
KIN 104	Psychology of Physical Performance	3.0
KIN 162	Weight Training I	1.0
KIN 163	Weight Lifting II	1.0
KIN 201	Introduction to Exercise Physiology½and Kinesiology	3.0
KIN 210	Movement Anatomy	3.0
Select one of the following courses:		
KIN 142	Athletic Training II	3.0
or ALDH 142	Athletic Training II	
Highly recommended but not required:		
BIOL 107	Introduction to Human Biology	
EDUC 101	Introduction to Teaching	
ENTR 104	Starting a Business for Entrepreneurs w	
Total Units		23