

FITNESS SPECIALIST, ASSOCIATE IN SCIENCE DEGREE

Financial Aid Eligible

Banner Code: 1_AS_PEPT

Control Number: 03970

This program provides students with theory necessary to be effective in the health fitness industry (health clubs, corporate fitness, etc.). Students in this program will learn scientific principles of exercise and physical conditioning, techniques for the measurement of human performance, and methods for establishing healthy nutritional patterns.

Program Outcomes

1. Students will have the knowledge, skills & experience necessary to assess an individual's level of physical fitness and design appropriate exercise programming to improve physical fitness.
2. Students will be qualified for careers as fitness instructors, exercise testing technicians, strength coaches, or personal fitness trainers.
3. Develops a strong understanding of the business aspects of personal training, including effective practices, professional ethics, marketing, record keeping, and communication.

Associate in Science Degree Requirements

1. **UNIT REQUIREMENT** - 60 UNITS, with at least a 2.0 grade point average. At least 12 of the units must be earned at OCC, with a minimum of one course taken for a letter grade. At least 3 units in an advanced course from the program must be completed at OCC. A student must be enrolled at the time of application for graduation. Units earned at an accredited college or university on a credit/no credit basis will be counted toward the degree requirements of the college, to a maximum of 15 units.
2. **MAJOR REQUIREMENT** - Complete the AA or AS major requirements as detailed in the Degree and Certificate section of this catalog.
3. **MATHEMATICS REQUIREMENT** - Demonstrate competence in mathematics by either obtaining a satisfactory grade (grade of "C" or better or "pass") in a mathematics course at or above the level of Intermediate Algebra as demonstrated by prior coursework, or by demonstrating competency that is comparable through the completion of a college-level math course that has Intermediate Algebra as a prerequisite: Psychology A160 or Math A100 or higher, with the exception of Math A220.
4. **GENERAL EDUCATION REQUIREMENT** - Students may choose to complete Option 1 (OCC AA GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-arts-general-education-option-1/>), Option 1 (OCC AS GE) (<https://catalog.cccd.edu/orange-coast/pathways/teaching-education/kinesiology/fitness-specialist-associate-science-degree/orange-coast/general-education-patterns/associate-science-general-education-option-1/>), Option 2 (CSU GE) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-2/>), or Option 3 (IGETC) (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>) to satisfy the general

education requirement. See the General Education Patterns section of this catalog for more information.

Course	Title	Units
Year 1		
Fall		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A297	Fitness Specialist Practicum	2
		Units
		8
Spring		
KIN A282	Introduction to Exercise Physiology	3
KIN A296	Personal Trainer	3
KIN A298	Fitness Specialist Internship	2-3
		Units
		8-9
		Total Units
		16-17

Restricted Electives

Course	Title	Units
Select a minimum of three (3) units from the following in either semester.		
BIOL A220	Human Anatomy	3-5
BIOL A221	Anatomy-Physiology	
BIOL A225	Human Physiology	
FN A136/ KIN A283	Nutrition, Fitness and Performance	
KIN A202	Introduction to Kinesiology	
KIN A271	Drugs & Sports	
KIN A272	Movement Analysis	
KIN A273	Sports Medicine	
KIN A279	Sports Management	
Any Kinesiology active participation course KIN A105-A156, A205-256		
Total Units		3-5

Total Units - 19-22

Requirement	Units
Minimum Program Major Units	19-22
AS General Education Option 1, 2, or 3	Varies
Transferable electives to satisfy unit requirement	Varies
Total Degree Units	60