

# FITNESS SPECIALIST: HEALTH FITNESS INSTRUCTOR/ PERSONAL TRAINER, ASSOCIATE IN SCIENCE DEGREE

**Banner Code:** 1\_AS\_PEPT  
**Control Number:** 03970  
**Financial Aid Eligible**

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 AS major requirements.
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 AS GE) (<https://catalog.cccd.edu/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-](https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/)

option-3/) to satisfy the general education requirement. See the General Education Patterns section of this catalog for more information.

Course	Title	Units
<b>Required Courses</b>		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A282	Introduction to Exercise Physiology	3
KIN A296	Personal Trainer	3
KIN A297	Fitness Specialist Practicum	2
KIN A298	Fitness Specialist Internship	2-3
<i>Restricted Electives - Select 3-5 units:</i>		3-5
BIOL A220	Human Anatomy	
BIOL A221	Anatomy-Physiology	
BIOL A225	Human Physiology	
KIN A202	Introduction to Kinesiology	
KIN A271	Drugs & Sports	
KIN A272	Movement Analysis	
KIN A273	Sports Medicine	
KIN A279	Sports Management	
KIN A283	Nutrition, Fitness, and Performance	
or FN A136	Nutrition, Fitness and Performance	
Any Kinesiology active participation course KIN A105-A156, A205-A256		

**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
<b>Total Minimum Degree Units</b>	<b>60</b>

## Program Sequence

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

Course	Title	Units
<b>Year 1</b>		
<b>Semester 1</b>		
KIN A270	Fitness and Health	3
KIN A280	Strength Conditioning/Theory	3
KIN A297	Fitness Specialist Practicum	2
KIN A296	Personal Trainer	3
OCC AS GE AREA A1 - CHOOSE ONE		3
<b>Units</b>		<b>14</b>
<b>Semester 2</b>		
KIN A282	Introduction to Exercise Physiology	3
KIN A298	Fitness Specialist Internship	2-3

Course	Title	Units
CERT RESTRICTED ELECTIVE (See Requirements)		3-5
OCC AS GE AREA A2- CHOOSE ONE <sup>1</sup>		3-4
ELECTIVE (DEGREE APPLICABLE)		3
<b>Units</b>		<b>14-18</b>
<b>Year 2</b>		
<b>Semester 1</b>		
OCC AS GE AREA C1- CHOOSE ONE		3
Select one of the following or satisfy Math competency (completion of High School Algebra 2 with a "C" or better):		3-4
MATH A030	Intermediate Algebra <sup>2</sup>	
or MATH A045	or Combined Elementary and Intermediate Algebra	
OCC AS GE AREA B- CHOOSE ONE		3-4
OCC AS GE AREA D- CHOOSE ONE		3
ELECTIVE (DEGREE APPLICABLE)		3
<b>Units</b>		<b>15-17</b>
<b>Semester 2</b>		
OCC AS GE AREA C2- CHOOSE ONE		3
ELECTIVE (DEGREE APPLICABLE) <sup>3</sup>		14
<b>Units</b>		<b>17</b>
<b>Total Units</b>		<b>60-66</b>

<sup>1</sup> Required if 100-level MATH will not be taken to meet Math competency. If MATH A100 or higher will be taken, then needs to take 3-4 degree applicable elective units

<sup>2</sup> Math A030 or higher OR take 3-4 degree applicable elective units if math competency was met through completion of High School Algebra 2 with a "C" or better; \*100-level Math courses satisfy AS Math Requirement and OCC AS GE AREA A2

<sup>3</sup> VARIES TO REACH MINIMUM 60 DEGREE APPLICABLE UNITS