

FITNESS SPECIALIST, CERTIFICATE OF ACHIEVEMENT

Financial Aid Eligible

Banner Code: 1_CN_PEPT

Control Number: 22389

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.

Certificate Requirements

Orange Coast College offers two types of certificate awards in career programs designed to prepare the graduate to enter a particular field of employment. At least 3 units in an advanced course from the certificate must be completed at OCC.

1. **Certificate of Achievement** - 8 units or more in a state-approved program. Certificates of Achievement are not automatically awarded. A petition must be filed in Enrollment Services or online at the beginning of the semester in which the student will be completing his or her final requirements. The petitioning periods are listed in the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog.
2. **Certificate of Specialization** - 16 units or less in a locally approved program. Certificates of Specialization are not automatically awarded, not printed on official academic transcripts, and there is no acknowledgment of completion given at graduation. Please contact the division for details regarding the submission of petitions as procedures for each division vary. Most division offices prefer that students complete all of the required courses and then provide a copy of the transcript while some divisions allow petitions for Certificates of Specialization before finishing.

Minimum Grade Requirement

In order to be awarded a certificate, students are required to obtain a grade of "C" or better in all program-required courses. Grades of "CR" or "P" will be accepted whereas "CR" or "P" meets the equivalency of a "C" or better. A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs-study/>) section of this catalog. Check with a counselor to determine the requirements for completion.

| 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 | |
| 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