

PHYSICAL EDUCATION
CERTIFICATE

The **Fitness Instructor certificate** prepares students in group fitness and/or personal training. Upon completion, students will be prepared to take a commonly accepted national certification exam. The Fitness Instructor certificate requires a 16 credits in program requirements and electives in the courses listed below.

Field of Study Code: PHYS.CER.FITN

Total Credits Required 16

Program Requirements 11

Phys 1123 Boot Camp Fitness I 1

OR

Phys 1141 Cross Training I 1

OR

Phys 1171 Weight Training I 1

OR

Phys 1184 Body Sculpting I 1

Phys 1901 Hatha Yoga I 1

OR

Phys 1904 Gentle Yoga I 1

OR

Phys 1911 Pilates I (Mat) 1

OR

Phys 1921 Power Yoga I 1

Phys 1131 Cardio Kickboxing I 1

OR

Phys 1143 Aerobics Fitness Combo I 1

OR

Phys 1181 Spinning I 1

OR

Phys 1421 Water Aerobics I 1

Phys 2258 The Science of Nutrition 3

Phys 2261 Applied Kinesiology 3

Phys 2262 Fitness Instructor Training – Group 2

OR

Phys 2263 Fitness Instructor Training – Personal 2

Electives 5

Five additional elective credits are required. Any combination of lecture and fitness classes listed below but limited to only two additional fitness credits. (In addition to the courses listed above.)

Anat 1500 Survey of Human Anatomy and Physiology ... 4

Anat 1551 Human Anatomy and Physiology 4

Busin 1100 Introduction to Business 3

Busin 1161 Entrepreneurship 3

Phys 1111 Bench Step Aerobics I 1

Phys 1123 Boot Camp Fitness I 1

Phys 1125 BOSU Training I 1

Phys 1131 Cardio Kickboxing I 1

Phys 1143 Aerobic Fitness Combo I 1

Phys 1181 Spinning I 1

Phys 1183 Step/Slide/Sculpt 1

Phys 1184 Body Sculpting I 1

Phys 1190 SAQSP Training 1

Phys 1400 Aqua Step 1

Phys 1420 Deep Water Fitness 1

Phys 1421 Water Aerobics I 1

Phys 1425 Aquasize I 0.5

Phys 1500 Performance Nutrition 1

Phys 1554 Healthy Eating 1

Phys 1555 Personal Fitness Program 1

Phys 1774 Flow Yoga I 0.5 to 1

Phys 1778 Relaxation & Meditation Techniques .. 0.5 to 1

Phys 1820 Selected Topics I 0.5 to 3

Phys 1901 Hatha Yoga I 1

Phys 1904 Gentle Yoga I 1

Phys 1908 Vinyasa Flow Yoga I 0.5

Phys 1911 Pilates I (Mat) 1

Phys 1921 Power Yoga I 1

Phys 2240 Introduction to Sport Psychology 3

Phys 2251 Living with Health 3

Phys 2253 CPR Training 1

Phys 2254 First Aid and CPR 3

Phys 2260 The Science of Physical Fitness 2

Phys 2262 Fitness Instructor Training – Group 2

Phys 2263 Fitness Instructor Training – Personal 2

Psych 1100 General Psychology 3

CERTIFICATE

The **Sport Performance Training certificate** program is designed for the individual seeking an entry-level position in the fitness and sports performance profession. Students will develop skills in leading athletes through advanced fitness workouts with emphasis on sport related performance both physically and mentally. This certificate requires a minimum of 42 credits in the courses listed below.

Field of Study Code: PHYS.CER.PERF

Total Credits Required 42 to 47

Program Requirements 41 to 44

Phys 1171 Weight Training I 1

Phys 1190 SAQSP Training 1

Phys 1500 Performance Nutrition 1

Phys 2201 Introduction to Coaching 3

Phys 2240 Introduction to Sport Psychology 3

Phys 2251 Living with Health 3

Phys 2254 First Aid and CPR 3

Phys	2260	The Science of Physical Fitness	2
Phys	2261	Applied Kinesiology	3
Phys	2263	Fitness Instructor Training II – Personal	2
Phys	2264	Sports mechanics for Coaches	2
Phys	2265	Biophysical Foundations of Human Movement	2
Phys	2870	Internship (Transfer)	1 to 4
Anat	1551	Human Anatomy and Physiology	4
Anat	1552	Human Anatomy and Physiology II	4
Busin	1161	Entrepreneurship	3
Psych	1100	General Psychology	3

Electives **1 to 3**

Select one course from the list below. (In addition to the courses listed above.)

Busin	1111	Customer Service	3
Marke	1100	Consumer Marketing.....	3
Marke	1175	Customer Relationship Management	3
Marke	2220	Principles of Selling	3
Phys	1123	Boot Camp Fitness I.....	1
Phys	1131	Cardio Kickboxing I.....	1
Phys	1141	Cross Training I.....	1
Phys	1143	Aerobic Fitness Combo I.....	1
Phys	1181	Spinning I.....	1
Phys	1341	Soccer I.....	1
Phys	1351	Softball	1
Phys	1361	Tennis I.....	1
Phys	1381	Volleyball I.....	1
Psych	2205	Physiological Psychology	3
Psych	2237	Developmental Psychology: The Life Span.....	3