

FITNESS SPECIALIST CERTIFICATION, CERTIFICATE OF PROFICIENCY



Certificates of Proficiency are designed for the student who needs to be prepared to enter an entry-level job. A department-issued certificate may be awarded upon successful completion of a prescribed course of study. This certificate will **not** appear on a student's transcript. The Exercise Science and Wellness Department offers a program in Fitness Specialist Certification which is designed to prepare students to take nationally recognized certification examinations offered throughout the fitness industry. For more details, contact the ES department chair at (619) 644-7402.

The Exercise Science and Wellness Department offers a Fitness Specialist Certificate. Designed as a 1-year program with sequenced courses, this certificate prepares students to successfully pass national fitness certification exams as well as work in the fitness industry. The courses for the Fitness Specialist Certification are different than those required for transfer to 4-year institutions in Exercise Science or Kinesiology; courses are intended as vocational preparation rather than a step for a baccalaureate degree. For more details, contact the ES department chair at (619) 644-7400.

Note: All courses must be completed with a letter grade of "C" or higher or "Pass."

Code	Title	Units
ES-255	Care and Prevention of Athletic and Recreational Injuries	3
ES-291	Anatomy and Kinesiology for Fitness Specialists	3
ES-292	Exercise Physiology for Fitness Specialists	3
ES-293	Strength Trainer/Fitness Assessments for Fitness Specialists	2.5
ES-294	Exercise Program Design and Special Populations	3
ES-296	Internship Seminar for Fitness Specialists	0.5
ES-297	Internship for Fitness Specialists	1
NUTR-158	Nutrition for Fitness and Sports	3
Total Units		19