

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 Requirements11

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

Electives5

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