



## Lower Columbia College

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[lowercolumbia.edu/fitness](https://lowercolumbia.edu/fitness)



**Prepare for a career  
in fitness**

**HEALTH & FITNESS**

LCC is an AA/EEO employer - [lowercolumbia.edu/aa-eo](https://lowercolumbia.edu/aa-eo)

LCC Clery Annual Security and Fire Safety Report available at [lowercolumbia.edu/CleryASFR](https://lowercolumbia.edu/CleryASFR)

## OVERVIEW

Turn Your Passion for Fitness into a Career! LCC now offers three Health & Fitness certificates: Personal Training, Health Coaching, and Group Fitness. Each one takes less than 19 credits to complete—or you can earn all three for just 30 credits!

The best part? You can stack these certificates right into your 2-year Health & Fitness degree (AA-DTA) without adding extra time or classes. That means you'll graduate with more skills, more options, and a head start on your future in fitness.



## CAREER PATHS

- Personal Trainer
- Health Coach
- Group Fitness Instructor
- Health and Physical Education teacher (with additional education)
- Recreation leader
- Sports team coach
- Fitness Center leadership
- Sports Management

## SKILLS & ABILITIES

- Develop strong communication skills.
- Demonstrate a solid understanding of human anatomy, physiology, and biomechanics.
- Utilize motivational strategies to inspire clients.
- Understand the fundamentals of marketing and client retention.
- Incorporate strategies for nutrition, exercise, stress management, and habit formation in developing personalized plans.
- Identify and use tools for tracking progress and maintaining accountability.
- Stay informed about current trends, research, and best practices in health and wellness.
- Demonstrate teaching skills necessary to instruct a variety of fitness classes.

## DEGREE OPTIONS

Get started in a fast-growing field with LCC's Health & Fitness certificate programs in Personal Training, Health Coaching, and Group Fitness. Whether you want to specialize in one area or build a comprehensive skill set, we've got flexible options to fit your goals. You can complete one certificate in as few as 9-18 credits, earn all three in just 30 credits, or pair with a 2-year AA-DTA in Health and Fitness while completing one or more certifications at the same time.

Each program is based on the nationally recognized ACE (American Council on Exercise) curriculum, preparing you to take one of three ACE exams at LCC for industry-recognized certification. With small class sizes and expert instructors, you'll gain hands-on experience through state-of-the-art fitness equipment, fitness assessments, trial clients, and local fitness center integration. A fitness certificate can launch a great job on its own, or be paired with LCC's other health and fitness credentials to create a well-rounded fitness career. It can also be a great stepping stone for students on their way to additional paths in the wellness industry!