

# Program map for Fitness Specialist Certificate of Completion (COC) (Group Fitness Instructor)



2025-26

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[View this program in the LCC Catalog \(lowercolumbia.edu/publications/catalog/programs/Health-COC-Fitness-Specialist\)](https://lowercolumbia.edu/publications/catalog/programs/Health-COC-Fitness-Specialist)

## See also

- [Degree Requirements for Health Sciences and Wellness programs \(lowercolumbia.edu/programs/health\)](https://lowercolumbia.edu/programs/health)
- [Course descriptions in the LCC Catalog \(lowercolumbia.edu/publications/catalog/courses\)](https://lowercolumbia.edu/publications/catalog/courses)
- [Distribution lists in the LCC Catalog \(lowercolumbia.edu/publications/catalog/distribution-lists\)](https://lowercolumbia.edu/publications/catalog/distribution-lists)

**Important:** Many course sequences only begin in fall quarter. Check with your program advisor.

## By Quarter Overview

### First Quarter

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- UBW 101: Underwater Basket Weaving I (300 credits)
    - *College placement or UBW 099 with a grade of C or better.\**
  - LAD& 152: Ladders (17 credits)

*\*Pre- and/or co-requisite(s)*

## Detailed Class Sequence

### 1. Underwater Basket Weaving I

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UBW 101 (300 credits)

*Pre- and/or co-requisite(s): College placement or UBW 099 with a grade of C or better.*

### 2. Ladders

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LAD& 152 (17 credits)