

Fitness Specialist

Certificate of Completion (COC)

Provides the content and experience for students to acquire a firm foundation for a career as a personal trainer or group exercise instructor working within athletic clubs, starting their own business, or working with community health and fitness organizations. This certificate can be taken independently, or in conjunction with a DTA program as part of a two-year preparation to transfer to a four-year university. With the completion of this program, students will be set up to take the NCAA-accredited Personal Trainer Exam and/or Group Exercise Exam through the American Council on Exercise (ACE) to become a certified personal trainer and/or group exercise instructor.

For a roadmap that identifies the preferred sequencing of courses and other specific recommendations from faculty, please see the corresponding program map(s):

- [Health & Fitness Focus Associate in Arts - Direct Transfer Agreement \(AA-DTA\) \(with Specialist Certificates: Group Fitness, Health Coach, and Personal Training\) \(lowercolumbia.edu/program-maps/health/AADTA-Health-and-Fitness\)](https://lowercolumbia.edu/program-maps/health/AADTA-Health-and-Fitness)

Certificate Requirements

Total credits required to earn this certificate: 19 with a cumulative grade point average (GPA) of at least 2.0 in the program requirements

LCC students must meet distribution requirements for bachelor degrees, associate degrees, and specific certificates. See [Diversity and Distribution Lists \(lowercolumbia.edu/publications/catalog/distribution-lists/\)](https://lowercolumbia.edu/publications/catalog/distribution-lists/) for more information.

Program Requirements

Course Code	Course Title	Number of Credits
HLTH 105	First Aid and CPR	1
PHED 285	Fitness Marketing	3
HLTH 245	Health and Exercise Behavior Change	3
HLTH 135 OR NUTR& 101	Food and Fitness OR Nutrition	2 5
BIOL 179	Human Biology and Exercise	5
PHED 288	Cooperative Education (Internship)	1
COLL 289	Employment Portfolio	1
PHED 295 AND/OR PHED 296	Personal Training Instruction AND/OR	5 3

Course Code	Course Title	Number of Credits
	Group Fitness Instructor Course	

Recommended Electives

Course Code	Course Title	Number of Credits
HLTH 106	Health and Wellness	2
PHED 171	Prevention and Care of Athletic Injuries	3

Other PHED Activity Courses

Program Outcomes

Students completing this program should acquire the following skills and abilities:

- Apply knowledge of human anatomy, exercise physiology, kinesiology and nutrition to prescribing fitness programs specific to individual needs.
- Understand the basics of marketing and motivational approaches to reaching potential clients.
- Design and successfully lead individuals, small groups, and classes in fitness instruction while addressing all components of fitness.

Notes

Revised February 2020 (effective Spring 2020)

Program planning is based on information available at the time of preparation. It is the student's responsibility to meet with their LCC advisor. Consult the LCC catalog for LCC graduation requirements.