

# FITNESS SPECIALIST, CERTIFICATE

**Program Code:** CC.FITNESSSPEC

This certificate will give students the core skills and experience needed to enter the fitness industry at an entry level position. Students attain knowledge and learn skills to seek careers related to personal training, nutrition, strength and conditioning specialist as well as other careers in the fitness industry.

The course work for this program includes cooperative work experience which affords the student opportunity for hands-on-experience within the various areas of the health and fitness industry. Students may enter this program at any term.

For information contact Tracy Nelson, 503-594-3274  
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## Outcomes

### RELATED INSTRUCTION OUTCOMES

#### COMPUTATION

- 1 course - MTH-050 Technical Mathematics I or MTH-065 Algebra II or higher
- Use appropriate mathematics to solve problems.

#### COMMUNICATION

- 1 course - WR-101 Workplace Writing or WR-121Z Composition I
- Read actively, think critically, and write purposefully and capably for professional audiences.

#### HUMAN RELATIONS

- 1 course - COMM-218Z Interpersonal Communication
- Engage in ethical communication processes that accomplish goals.

### PROGRAM OUTCOMES

Upon successful completion of this program, students should be able to:

- apply advanced interpersonal skills in the areas of leadership, motivation and communication;
- assess and apply advanced exercise principles related to injury prevention, conditioning, resistance training, and functional training;
- analyze nationally recognized standards for fitness and health and be able to communicate the benefits and precautions associated with exercise;
- formulate behavior modification strategies to enhance exercise and health behavior change with clients;
- demonstrate advanced leadership abilities, interpersonal communication skills, organizational and presentation skills and other necessary professional qualities demanded of health and fitness professionals in the workforce.

## Requirements

Fall Term		Credits
COMM-218Z	Interpersonal Communication	4.00
FYE-101 or HD-121	First Year Experience Level I or College Success	2.00-3.00
PE-240	Strength & Conditioning Theory & Techniques	3.00
WR-101 or WR-121Z	Workplace Writing or Composition I	4.00
Electives (p. 1)		3.00
<b>Credits</b>		<b>16-17</b>
Winter Term		Credits
COMM-227	Nonverbal Communication	4.00
HE-252	First Aid/CPR/AED	3.00
HPE-295	Health & Fitness for Life	3.00
Electives (p. 1)		4.00
<b>Credits</b>		<b>14</b>
Spring Term		Credits
HE-201	Personal Training	3.00
HE-223	Sports Nutrition	3.00
Select one of the following:		4.00-5.00
MTH-050	Technical Mathematics I	
MTH-065	Algebra II	
	Higher Level Math or Statistics	
PE-280	Physical Education/CWE	3.00
Electives (p. 1)		4.00
<b>Credits</b>		<b>17-18</b>
<b>Total Credits</b>		<b>47-49</b>

## Electives

Code	Title	Credits
BA-101Z	Introduction to Business	4.00
BA-123	Leadership & Motivation	3.00
ECE-235	Safety, Health and Nutrition	3.00
GRN-182	Aging and the Body	3.00
HE-163	Body & Drugs I: Introduction to Abuse & Addiction	3.00
HE-164	Body & Drugs II: Alcohol	3.00
HE-204	Nutrition & Weight Control	3.00
HE-207	Introduction to Plant Based Living	3.00
HE-249	Mental Health	3.00
HE-250	Personal Health	3.00
HE-263	Body & Drugs III: Marijuana	3.00
HE-264	Body & Drugs IV: Other Drugs, Other Addictions	3.00
PE-185	Physical Education	1.00
PE-260	Care and Prevention of Athletic Injuries	2.00
PE-270	Sport and Exercise Psychology	3.00
PE-294A	Philosophy of Coaching	2.00
PSY-101	Human Relations	3.00

## Careers

Career opportunities include:

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- personal trainer
- life coach
- nutrition specialist
- strength and conditioning specialist
- athletic coach
- fitness instructor
- physical education instructor