

FITNESS TECHNOLOGY, CERTIFICATE

Program Code: CC.FITNESSTECH

The Fitness Technology 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 or tracyn@clackamas.edu.

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 Communication Skills: Occupational Writing or WR-121 English Composition
- Read actively, think critically, and write purposefully and capably for professional audiences.

Human Relations

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

Program Outcomes

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

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

Requirements

Course	Title	Credits
Fall Term		
COMM-218	Interpersonal Communication	4
HE-202	Introduction to Fitness Technology Careers	1
PE-240	Strength & Conditioning Theory & Techniques	3
WR-101 or WR-121	Communication Skills: Occupational Writing or English Composition	3-4
Electives (p. 1)		3
Credits		14-15
Winter Term		
COMM-227	Nonverbal Communication	4
HE-252	First Aid/CPR/AED	3
HPE-295	Health & Fitness for Life	3
Electives (p. 1)		4
Credits		14
Spring Term		
HE-201	Personal Training	3
HE-223	Sports Nutrition	3
Select one of the following:		4-5
MTH-050	Technical Mathematics I	
MTH-065	Algebra II	
	Higher Level Math	
PE-280	Physical Education/CWE	3
Electives (p. 1)		4
Credits		17-18
Total Credits		45-47

Electives

Code	Title	Credits
BA-101	Introduction to Business	4
BA-123	Leadership & Motivation	3
ECE-235	Nutrition, Music & Movement in Early Childhood Education	3
GRN-182	Aging and the Body	3
HE-163	Body & Drugs I: Introduction to Abuse & Addiction	3
HE-164	Body & Drugs II: Alcohol	3
HE-204	Nutrition & Weight Control	3
HE-207	Introduction to Plant Based Living	3
HE-249	Mental Health	3
HE-250	Personal Health	3
HE-263	Body & Drugs III: Marijuana	3
HE-264	Body & Drugs IV: Other Drugs, Other Addictions	3
PE-185	Physical Education	1
PE-260	Care and Prevention of Athletic Injuries	2
PE-270	Sport and Exercise Psychology	3
PE-294A	Philosophy of Coaching	2
PSY-101	Human Relations	3

Careers

Career opportunities include:

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