

# FITNESS INSTRUCTOR, CERTIFICATE

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The Fitness Instructor's Certificate is designed to meet the needs of individuals presently employed as fitness instructors in health clubs, recreation centers, YM/WCAs or corporate fitness programs. The certificate may be taken with or apart from a degree program, major or minor; and is available to students who satisfactorily complete the following requirements with a grade of "C" or higher in each course.

## Requirements

Code	Title	Hours
BIO 250	Elem Hum Anat & Physiol	3
BIO 251	Elem Hum Anatomy Phys Lab	1
KIN 111	Aerobics	1
KIN 142	Physical Conditioning	1
KIN 218	First Aid And Cpr	3
KIN 303	Exercise Physiology	4
KIN 360	Prev & Treat Ath Injuries	3
KIN 496	Internship	3
Select two courses from the following:		2
KIN 141	Martial Arts	
KIN 156	Swimming/All Levels	
KIN 170	Weight Training	
KIN 171	Yoga	
<b>Total Hours</b>		<b>21</b>