



**CURRICULUM GUIDE
2009-2010**

FITNESS INSTRUCTOR

CERTIFICATE OF ACCOMPLISHMENT

Requirements for Certificate of Accomplishment:

- a) Complete satisfactorily the courses listed for the particular certificate.
- b) Complete at least 50% of the required units at Ohlone College.
- c) Maintain a 2.0 grade point average.

FITNESS INSTRUCTOR

The Fitness Instructor Certificate of Accomplishment provides the instruction, skills, knowledge, and experience that facilitate employment in a job setting such as sports and fitness centers. The certificate provides an excellent foundation for students interested in a career in exercise science, athletic training, physical therapy, and other health related careers.

KIN-251	Fitness for Life	3
KIN-256	Sports Performance Testing OR	2
HLTH-101	Contemporary Health Issues	(3)
KIN-257	Prevention and Care of Athletic Injuries	4
KIN-258	Exercise Prescription	3
KIN-382	Clinical Experiences in Sports Medicine II	<u>2</u>
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