



CURRICULUM GUIDE 2015-2016

KINESIOLOGY: FITNESS PROFESSIONAL

Certificate of Achievement in Kinesiology: Fitness Professional

The Certificate of Achievement in Kinesiology: Fitness Professional prepares students to pursue careers in a variety of health science professions including but not limited to personal training, physical therapy, exercise physiology, exercise biology, fitness instruction, physical education, coaching, athletics, and more. The courses required in the Certificate of Achievement will fulfill many of the course requirements for the Associate in Arts in Kinesiology for Transfer. Students are advised to meet with their counselor to assess the course requirements for specific institutions. This program will enable students to build a strong foundation in exercise science and kinesiology which will enhance their success in obtaining entry-level jobs in the fitness industry.

Requirements for Certificate of Achievement:

- a) Complete Major Field courses.
- b) Complete at least six units at Ohlone College.
- c) Maintain a 2.0 grade point average in Major Field courses.
- d) Provide proof of valid First Aid and CPR/AED certification.

Student Learning Outcomes

1. Administer assessment techniques to gather baseline data with respect to cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
2. Analyze the basic structure of the cardiorespiratory and musculoskeletal systems and how they respond to fitness training.
3. Design an appropriate individual fitness plan considering client health history, goals, and abilities.
4. Appreciate the value and importance of regular fitness activity in decreasing the risk factors associated with chronic diseases.

MAJOR FIELD

BIOL-130	Introduction to Biology OR	4
HLTH-101	Contemporary Health Issues OR	(3)
KIN-251	Fitness for Life	(3)

CFS-109	Nutrition	3
KIN-240	Introduction to Kinesiology	3
KIN-257	Prevention and Care of Athletic Injuries	4
KIN-258	Exercise Prescription	3
WEX-195A2	Occupational Work Experience Education	<u>2</u>
Total Required Units:		18-19