



## **CURRICULUM GUIDE 2016-2017**

### **FITNESS INSTRUCTOR**

Certificate of Accomplishment in Fitness Instructor

#### **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.

#### **Student Learning Outcomes**

1. Build an exercise program to fit the needs of a specific population of people.
2. Administer multiple assessment techniques to gather baseline data with respect to cardiovascular fitness, muscular fitness, muscular endurance, flexibility, and body composition.

HLTH-101	Contemporary Health Issues	3
KIN-251	Fitness for Life	3
KIN-257	Prevention and Care of Athletic Injuries	4
KIN-258	Exercise Prescription	3
KIN-382	Clinical Experiences in Athletic Training II	<u>2</u>
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