



## CURRICULUM GUIDE 2019-2020

### 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 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 enables 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. Students receiving this certificate will have the knowledge and skills necessary to complete national certification tests in the vocational areas (group fitness instruction and/or personal training) of this discipline.

#### 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.

#### 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

CFS-109	Nutrition	3
HLTH-101	Contemporary Health Issues OR	(3)
HLTH-150	Women's Health Issues	3
KIN-240	Introduction to Kinesiology	3
KIN-250	First Aid and CPR	3
KIN-258	Exercise Prescription	3
WEX-195A1	Occupational Work Experience Education OR	1
WEX-195A2	Occupational Work Experience Education	(2)
		16-17

**MOVEMENT-BASED COURSES**

Complete one course maximum from two of the following areas.

2

## Combatives

PE-374A3	Kickboxing OR	1
PE-375A3	Beginning Tai Chi	<u>(1)</u>
		1

## Fitness

PE-336A3	Express Cardio OR	1
PE-342A3	Circuit Training OR	(1)
PE-343A3	Strength and Cardio Training OR	(1)
PE-344A3	Total Fitness OR	(1)
PE-346A3	Guts and Butts OR	(1)
PE-372A3	Conditioning OR	(1)
PE-378A3	Indoor Cycling	<u>(1)</u>
		1

## Individual Sports

PE-320A3	Basic Golf Skills OR	1
PE-360A3	Beginning Badminton OR	(1)
PE-362A3	Beginning Tennis OR	(1)
PE-381A3	Triathlon Training	<u>(1)</u>
		1

## Mind-Body Fitness

PE-375C3	Qigong Meditation OR	1
PE-375D3	Walking Meditation OR	(1)
PE-376A3	Yoga OR	(1)
PE-376B3	Fitness Yoga OR	(1)
PE-376C3	Yoga and Meditation OR	(1)
PE-377A3	Pilates	<u>(1)</u>
		1

Total Required Units: 18-19