

FITNESS SPECIALIST, CERTIFICATE OF PROFICIENCY



The Fitness Specialist Certificate of Proficiency is designed for those who wish to find or build upon a career in the growing fitness industry. Students will gain knowledge and develop hands on practical skills in exercise anatomy, basic and advanced exercise training techniques, health and nutrition, sport injury care, and exercise prescription and program design. After completing the courses for this certificate of proficiency, students will gain foundational knowledge to sit for a variety of accredited personal trainer certification examinations.

Program contact: Learn more

This certificate will be automatically awarded when the certificate requirements are completed. If you do not want to receive the certificate, please notify the Office of the Registrar at RegistrarOffice@tri-c.edu.

Learn more about how certificate credits apply to the related degree.

- High School diploma/GED equivalency/approved College Credit Plus (CCP) student
- ENG-0995 Applied College Literacies or appropriate score on English placement test

OTHER INFORMATION

- Students in the Fitness Specialist, Certificate of Proficiency must achieve a grade of "C" or better in all SES-courses in order to remain in good academic standing and progress through the certificate of proficiency.

Program Learning Outcomes

This program is designed to prepare students to demonstrate the following learning outcomes:

1. Effectively demonstrate and safely teach a variety of exercise modalities.
2. Effectively demonstrate and safely teach basic exercise sessions.
3. Effectively educate, motivate and communicate healthy lifestyle behavior modifications.
4. Perform safe and ethical practices in a variety of sport, health and fitness-related settings within industry standards.
5. Demonstrate skill in designing, planning, marketing and administering effective fitness, recreational, sport, and wellness activities and programs.
6. Show proficiency in functional anatomy, exercise physiology, nutrition, weight management, health promotion, training instruction, health

screenings, fitness assessments and exercise prescription to be prepared to sit for an accredited Personal Trainer certification exam.

First Semester		Credit Hours
SES-1001	Introduction to Sport and Exercise Studies ¹	2
SES-1040	Teaching Exercise Training Techniques ¹	3
SES-2000	Essentials of Sports Injury Care ¹	3
SES-2010	Exercise and Movement Anatomy ¹	3
HLTH-1100	Personal Health Education	3
Select one of the following:		1
HLTH-1310	Cardiopulmonary Resuscitation	
EMT-1310	Cardiopulmonary Resuscitation	
HLTH-1230	Standard First Aid and Personal Safety	
Select one of the following:		1-2
PE-1020	Weight Training	
PE-1000	Personal Fitness	
PE-1010	Personal Strength Development	
Credit Hours		16-17
Second Semester		Credit Hours
SES-2300	Personal Training Certification Preparation ¹	3
SES-2310	Advanced Training Concepts and Techniques ¹	3
SES-2xxx	Elective ¹	3
SES-2xxx	Elective ¹	3
SES-2xxx	Elective ¹	3
Credit Hours		15
Total Credit Hours		31-32

¹ Must achieve a grade of "C" or higher in all SES courses in order to remain in good academic standing and progress through the program.