## FITNESS INSTRUCTOR, **CERTIFICATE**

The Fitness Instructor certificate program is designed to provide students with a comprehensive background in kinesiology and exercise programming that leads to a nationally accredited personal training and/ or group fitness certification.

Once certified as a personal trainer and/or group fitness instructor, students are eligible for employment at local health clubs, community centers, park districts, and other fitness-related facilities.

For more information about Physical Education, Fitness, and Sports Studies, please visit the program page (http://www.cod.edu/phys-ed/).

## **Certificate Requirements**

Field of Study Code: PHYS.CER.FITN

Code	Title	Credits		
Program Requirements				
PHYS 2258	The Science of Nutrition	3		
PHYS 2261	Applied Kinesiology	3		
PHYS 2263	Fitness Instructor Training	3		
Select one course fro	m each of the following areas:			
Resistance Training	Coursework	1		
PHYS 1141	Cross Training I			
PHYS 1171	Weight Training I			
PHYS 1184	Body Sculpting I			
PHYS 1191	Power Lifting I			
Mind-Body Coursew	ork	1		
PHYS 1778	Relaxation & Meditation Techniques			
PHYS 1901	Hatha Yoga I			
PHYS 1904	Gentle Yoga I			
PHYS 1908	Vinyasa Flow Yoga I			
PHYS 1911	Pilates I (Mat)			
PHYS 1921	Power Yoga I			
Group Exercise Coul	rsework	1		
PHYS 1123	Boot Camp Fitness I			
PHYS 1131	Cardio Kickboxing I			
PHYS 1181	Spinning I			
PHYS 1421	Water Aerobics I			
PHYS 1603	Zumba I			
Elective Coursework				
Select nine credit ho	ours of elective coursework	9		
PHYS 1500	Performance Nutrition			
PHYS 1555	Personal Fitness Program			
PHYS 1554	Healthy Eating			
PHYS 1556	Stress Management			
PHYS 2200	Introduction to Physical Education, Exercise Science, and Sport			
PHYS 2202	Introduction to Sport Management			
PHYS 2240	Introduction to Sport Psychology			
PHYS 2251	Living With Health			
PHYS 2254	First Aid and CPR			

Total Credits			21
	MARKE 2210	Principles of Marketing	
	MANAG 2210	Principles of Management	
	BUSIN 1161	Entrepreneurship	
	ANAT 1500	Survey of Human Anatomy and Physiology	
	PHYS 2270	Introduction to Sports Marketing	

<sup>1</sup> Elective coursework can be a combination of lecture and activity classes. This includes activity classes listed in the required section (not already taken as a requirement) and/or approved by a faculty advisor. Only two additional activity classes can be taken as part of the elective coursework.

## **Electives**