

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
<i>Select one course from each of the following areas:</i>		
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 Coursework		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 Coursework		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 hours 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	

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

¹ 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