

# Exercise Science CP

Career & Technical Division

## Program Description:

The Exercise Science Certificate Program will provide the skills necessary to become a Certified Personal Trainer in conjunction with obtaining pre-requisite coursework required for advancement in other Allied Health Associate Degree Programs. Students obtaining the Certificate will be prepared for direct employment within a Health club or Fitness Center or for individual private pay consultation.

## Career Outlook:

Employment of fitness trainers and instructors is expected to grow by 24 percent from 2010 to 2020, faster than the average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other fitness facilities will increase the need for workers in these areas.

## Salary Forecast:

For the most current salary information please refer to the Bureau of Labor Statistics "Occupational Outlook Handbook" found at [www.bls.gov/ooh/](http://www.bls.gov/ooh/).

## Contact Information:

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Exercise Science Certificate Major Code-CE40				
Name:			ID Number 942-	
CAP SCORES:	MATH:	ENGLISH:	READ:	DOE:
COL 101 Faculty:				
Educational Counselor:				
Faculty Advisor:				

COURSE	REQUIREMENTS	SEM	HRS	GR	SUBSTITUTE/REPEAT CRS	SEM	CR
BIOL 260	Applied Human Anatomy <sup>1</sup>		4				
BIOL 265	Applied Human Physiology <sup>2</sup>		4				
ENL 111	Written Communication <sup>3</sup>		3				
IT 101	Fundamentals of Computers (EDGE)		3				
	Social Science Elective <sup>4</sup>		3				
AH 217	Personal Fitness Training <sup>5</sup>		4				
BIOL 221	Structural Kinesiology <sup>6</sup>		4				
BIOL 245	Physiology of Exercise <sup>7</sup>		3				
MAT 145	Applications in Algebra <sup>8</sup>		3				

**DEVELOPMENTAL COURSES REQUIRED**

COURSE	REQUIREMENTS	SEM	HRS	GR	SUBSTITUTE/REPEAT CRS	SEM	CR

HOURS REQUIRED FOR GRADUATION: 31
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1. BIOL 260 has a prerequisite of BIOL 257, or 258 (grade of "C" or better) or ACT 19 or BIOL 258 (grade of "C" or better).
2. BIOL 265 has a prerequisite of BIOL 257, or BIOL 258, or BIOL 260 (grade of "C" or better) or ACT 18 or BIOL 258 (grade of "C" or better).
3. ENL 111 has a prerequisite of placement in 100-level English, and placement in 100-level math.
4. Select from EC, HIST, PSYC, SS 100-level or above.
5. AH 217 has a prerequisite of placement in 100-level reading.
6. BIOL 221 has a prerequisite of BIOL 260 (grade of "C" or better).
7. BIOL 245 has a prerequisite of BIOL 265 (grade of "C" or better).
8. MAT 145 has a prerequisite of MAT 096, or MAT 097, or placement in 100-level math.

*Our mission is to prepare students for careers, civic responsibility and life-long learning.*