

FITNESS INSTRUCTOR TRAINING, ASSOCIATE IN SCIENCE

The Fitness Instructor Training Program provides students with knowledge, techniques, and experience required for individual or group physical fitness training instruction.

Learning Outcomes

Upon successful completion of the program, students will be able to:

- Identify and describe major muscles, their origins, insertions, and actions.
- Describe the body's physiological responses and adaptations to exercise.
- Identify appropriate activities for development of muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.
- Apply skills in either personal training or group exercise leadership.
- Describe the relationship between body composition, nutrition, and exercise.

Associate in Science Degree Major Requirements

Code	Title	Units
Required Core		
KINS 51	Fitness and Wellness Strategies	2
KINS 60	Fitness Exercise Physiology	1
KINS 63	Fitness Anatomy and Kinesiology	2
PFIT 10A	Beginning Weight Training	0.5-1
PFIT 14	Exercise for Health and Fitness	0.5
PFIT 18A	Aerobic Fitness I	0.5-1
PFIT 50	Independent Fitness and Testing Program	1
KINS 48	Psychology of Fitness and Sport Performance	3
KINS 92	Practical Experience in Personal Training	
Select one course from the following:		1
PFIT 8	Aerobic Conditioning	
PFIT 15A	Core Matwork I	
PFIT 17A	Yoga I	
PFIT 20	Circuit Training	
PFIT 21A	Flexibility and Relaxation Techniques I	
PFIT 22A	Fitness Through Swimming I	
Select one course from the following:		1
BUSC 109	Keyboarding for Computers	
BUSC 140	Computer Applications - Microsoft Office Word	
BUSC 141	Microsoft Word 2013: Word for Windows II	
BUSC 142	Microsoft Word 2013: Word for Windows III	
BUSC 143	Microsoft Word 2013: Advanced Word for Windows	
BUSC 170	Microsoft Windows 8	
Select one course from the following:		3
HLTH 4	Healthy Living	
NUTF 1	Nutrition	

Select one course from the following:	3-4
ANAT 5	Human Biology
HLTH 5	First Aid, CPR and AED
KINS 41	Prevention and Care of Athletic Injuries
Current Red Cross CPR Card required	0

TOTAL MAJOR UNITS

Additional Requirements

Complete Competency Requirements, general education pattern 38.5-40.5 (MPC General Education, CSU General Education, or IGETC), and electives, if needed, for a total of 60 degree-applicable units.

Total Units **60**

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.