

Fitness Specialist (Personal Trainer Emphasis) - Certificate

Core Curriculum Courses (required)	Units
AH 011.....CPR.....	0.5
H Ed 004.....First Aid.....	0.5
WHP 04S.....Weight Training Internship^.....	0.5
WHP 021.....Sports Injuries*.....	1.5
WHP 022.....Sports Nutrition^.....	1.5
WHP 023.....Fitness Testing^.....	1.5
WHP 025.....Anatomy & Kinesiology*.....	1.5
WHP 026.....Weight Training Principles and Routines*.....	1.5
WHP 027.....Exercise Physiology^.....	1.5
WHP 028.....Body Alignment & Stretching Techniques^.....	1.5
Total Program Cert. Requirements.....	12.0

^Only offered during the spring semester

* Only offered during the fall semester.