

FITNESS INSTRUCTOR TRAINING

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.
- Describe appropriate activities for warm-up and cool-down and the reasons for each.
- Apply skills in either personal training or group exercise leadership.
- Explain the rationale for use of the Par-Q and fitness testing protocols.
- Describe the relationship between body composition, nutrition, and exercise.

Certificate of Achievement (Career Technical)

Certificate Requirements

Units

REQUIRED CORE:

10.5-11.5

PFIT 10A	Beginning Weight Training (.5-1)
PFIT 14	Exercise for Health and Fitness (.5)
PFIT 18A	Aerobic Fitness I (.5-1)
PFIT 50	Independent Fitness and Testing Program (1)
PFIT 51	Fitness and Wellness Strategies (2)
PFIT 60	Fitness Exercise Physiology (1)
PFIT 63	Fitness Anatomy and Kinesiology (2)
PSYC 50	Health Psychology (3)

Select one unit from the following:

1

PFIT 8	Aerobic Conditioning (.5-1)
PFIT 15A	Core Matwork I (.5-1)
PFIT 17A	Yoga I (.5-1)
PFIT 20	Circuit Training (1)
PFIT 21A	Flexibility and Relaxation Techniques I (.5)
PFIT 22A	Fitness Through Swimming I (1)

Select one unit from the following:

1

BUSC 101B	Advanced Word Proc: MS Word/Windows II (1)
BUSC 101C	Advanced Word Proc: MS Word/Windows III (1)
BUSC 108	Individualized Comp. and Typing Skills (1)
BUSC 109	Keyboarding for Computers (1)
BUSC 140	MS Word 2013: Word/Windows I (1)
BUSC 141	MS Word 2013: Word/Windows II (1)
BUSC 142	MS Word 2013: Word/Windows III (1)
BUSC 143	MS Word 2013: Advanced Word/Windows (1)
BUSC 170	Microsoft Windows 8 (.5)

Select one course from the following:

3

HLTH 4	Healthy Living (3)
NUTF 1	Nutrition (3)

Select one course from the following:

3-4

ANAT 5	Basic Human Anat. and Phys. (recommended) (4)
HLTH 5	First Aid and CPR (3)
PHED 41	Prevention and Care of Athletic Injuries (3)

Current Red Cross CPR Card required

TOTAL CERTIFICATE UNITS **18.5-20.5**

Associate in Science Degree (Career Technical)

Associate Degree Major Requirements **Units**

Certificate Requirements (as described above) **19.5-21.5**

Complete Competency Requirements and MPC General Education Pattern for a total of 60 degree-applicable units (see pages 72-73, 76 in the 2017-18 MPC Catalog).

TOTAL DEGREE UNITS **60**
