



Fitness, Nutrition, and Health Certificate/Major

DESCRIPTION

The Fitness, Nutrition, and Health Certificate/Major at Santa Rosa Junior College is designed to provide an in-depth study and practical application of principles of nutrition, weight management, behavior modification, fitness testing, physical fitness training, exercise leadership and program design. This certificate/major is for students seeking careers and/or additional training in the fitness and health industry. Possible career opportunities may include personal trainer, group exercise instructor, health or wellness coach, weight management consultant, aerobic dance instructor, and fitness instructor. This program also prepares students to sit for nationally recognized certification exams such as American College of Sports Medicine (ACSM) American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), Aerobics and Fitness Association of America (AFAA), and National Strength and Conditioning Association (NSCA).

This certificate/major is unique in its design because in addition to learning principles of exercise science, it also encompasses comprehensive topics in the area of health, nutrition, and behavior change vital for fitness trainers to address broader client goals and to meet the need of a growing trend toward wellness type coaching. This certificate/major also has a strong emphasis on practical “hands-on” experience and teaching techniques.

FITNESS, NUTRITION, AND HEALTH CERTIFICATE AND MAJOR REQUIRED COURSES

In the “Key” column, P = Prerequisite, R = “Core” requirement, RE = Required Elective Group.

Key	Course and Title	Units
R	KINES 4 - Introduction to Techniques of Athletic Training	3
R	KINES 80 - Intro to Kinesiology and Anatomy	3
R	KINES 81 - Intro to Exercise Physiology	3
R	KINES 82 - Exercise Assessment and Prescription	3
R	KINES 83 - Techniques of Fitness Instruction	3
R	PHYED 53 - Principles of Health and Wellness	3
R	FDNT 10 – Elementary Nutrition	3
R	FDNT 60 – Physical Fitness and Nutrition	1
R	HLE 6- First Aid/CPR	1
RE	PHYED 35 Yoga, PHYED 33 Pilates Mat, PHYED 31.1 or 31.2 Beg/Int Body Conditioning, PHYED 38 Weight Training with Free Weights, PHYED 37 Circuit Training, PHYED 28.1 or 29.2 Beg/Int. Step Aerobics, PHYED 27.1 or 27.2 Beg/Int. Aerobic Dance	1
R	WEOC 99I - Work Experience/Internship	1
R	KINES 50- Teaching Aide	1
Total	Minimum number of units to meet certificate requirements	26
THE FOLLOWING COURSES ARE REQUIRED FOR MAJOR ONLY		
R	PHYED 1- Foundations of Physical Education, Exercise Science, and Sport	3
RE	LIR 10 – Introduction to Information Literacy OR LIR 30 – Introduction to Information Literacy for Research Projects	1
Total	*Minimum number of units to meet major requirements	30

*In addition to the above, Majors (only) must complete Option A, B, or C General Education Requirements
http://www.santarosa.edu/for_students/student-services/articulation/general_ed.pdf

RECOMMENDED COURSE SEQUENCE

	Course	Units
Semester 1	KINES 80 -Intro to Kinesiology and Anatomy	3
	KINES 81- Intro to Exercise Physiology	3
	KINES 83- Techniques of Fitness Instruction	3
	FDNT 10 – Elementary Nutrition	3
	Elective (1 physical activity class)	1
	HLE 6 – First Aid/CPR	1
	Choose one of the following LIR Courses:	
	LIR 10- Introduction to Information Literacy (Major only)	1
LIR 30 - Introduction to Information Literacy for Research Projects (Major Only)		
Semester 2	KINES 82 - Exercise Assessment and Prescription	3
	KINES 4 – Introduction to Techniques of Athletic Training	3
	PHYED 53– Principles of Health and Wellness	3
	FDNT 60 - Nutrition and Physical Fitness	1
	KINES 50 - Teaching Aide	1
	WEOC 99I - Work Experience/Internship	1
	PHYED 1- Foundations of Physical Education, Exercise Science, and Sport (Major Only)	3
	*Minimum number of units to complete certificate/major requirements	26 -Certificate 30 -Major

***In addition to the above, Majors (only) must complete Option A, B, or C General Education Requirements**
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** The above program is currently being submitted for final approval at the State Chancellor's office. Approval is expected Spring 2012.*

For more information, please contact:

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