

Fitness Professional Certificate

Full-time, Fall Start

www.pima.edu/fitness-prof-cert

Complete this certificate to work as a personal trainer, group fitness instructor or to prepare for the national personal trainer certification. By learning from Pima's personable and skilled staff and completing your studies with an internship, you will be well-placed to work in this rapidly growing field.

Title IV Financial Aid eligible: Yes

What can I do with this degree?

Career options: Work as a personal trainer and/or group fitness instructor in your own business or within a fitness club or agency. Take exams for certification through the American College of Sports Medicine (ACSM), the American Council of Exercise (ACE), or the National Strength and Conditioning Association (NSCA).

Academic options: Students planning to transfer to obtain a bachelor's degree in Physical Education, Exercise and Wellness, or Athletic Trainer should follow the Associate of Arts degree.

CHOOSE YOUR COURSES WITH YOUR COLLEGE ADVISOR

Semester Pathway

This pathway is a suggested sequence of courses for your program of study. Work with an advisor to develop a unique pathway for you based on your placement recommendations, any prior college courses and your specific situation.

Semester 1 – Fall (Semester Total: 14 credits)

FSS 208: Group Fitness Instructor (2 credits)

FSS 234: Fundamentals of Exercise Science (4 credits)
or **FSS 234A** and **FSS 234B**

FSS 236: Health Communication: Behavioral Change (2 credits)

FSS 276: Exercise Testing and Prescription (3 credits)

ELECTIVE: (3 credits) Choose one from the following: (FAW 184, FSS 238, FSS 271, FSS 273, FSS 280, FSS 291)

Semester 2- Spring (Semester Total: 13 credits)

FSS 218: Strength Training: Applied Principles and Techniques (3 credits)

FSS 241: Nutrition for Exercise and Sport (3 credits)
or **FSN 154:** Nutrition (3 credits)

FSS 277: Cardiovascular Training: Physiology and Programming (3 credits)

FSS 281: Capstone: Certified Personal Trainer (1 credit)

ELECTIVE: (3 credits) Choose one from the following: (FAW 182, FAW 183, FAW 184, FSS 238, FSS 260, FSS 271, FSS 291)

PROGRAM TOTAL: 27 credits

Program/Major Codes: **CRTFITNESS/FSP1**

Find more information about this program at:
www.pima.edu/fitness-prof-cert