

# Fitness & Wellness Specialist Certificate

Fulltime, Fall Start

[www.pima.edu/fitness-wellness-cert](http://www.pima.edu/fitness-wellness-cert)

Start a career helping people make positive behavioral changes in their lives by becoming a fitness trainer, community health or recreation leader or health club professional.

**Title IV Financial Aid eligible:** Yes

## What can I do with this degree?

**Career options:** Work as a personal trainers, group exercise leaders, health club sales or management professionals, community health leaders, corporate wellness programs, recreation workers/leaders, and many other health and wellness related professions.

**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: 12-14 credits)

**FSS 234:** Fundamentals of Exercise Science (4 credits)  
or **FSS 234A** and **FSS 234B**  
or **FSS 273** Sport Physiology (3 credits)

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

**FAW 184:** Health, Wellness, and Physical Activity (3 credits)

**ELECTIVE\*:** (3 - 4 credits) Choose from the following: (1 cr. FAW activity classes, FSS 280, PSY 218, WED 110 or WED 111)

### Semester 2 - Spring (Semester Total: 9-10 credits)

**FAW 182:** Healthy Living and Mind-Body Training (3 credits)

**FAW 183:** Health Coach Professional (3 credits)

**ELECTIVE\*:** (3 - 4 credits) Choose from the following: (1 cr. FAW activity classes, FSS 280, PSY 218, WED 110 or WED 111)

*\*NOTE: A total of 7 credits of Support/Elective Courses is required. Students may choose to take the credits in different combinations than indicated in the pathway.*

**PROGRAM TOTAL: 21-24 credits**

Program/Major/Concentration Codes: **CRTFWS/FWS**

Find more information about this program at:  
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