**Minnesota North College**

**Fitness Specialist Certificate**

Credits Required: 10

Courses Required for Program – 10 credits

PHED xxxx Weight Training (1 cr)

PHED xxxx Fitness & Conditioning (1 cr)

PHED xxxx Sports Physiology (2 cr)\*

PHED xxxx Anatomy for Sports (2 cr)\*

PHED xxxx Theory of Coaching (2 cr)

PHED xxxx Care and Prevention of Athletic Injuries (2 cr)

\*Students may substitute BIOL 2xxx & 2xxx Anatomy & Physiology 1 & 2 (4 credits each) for PHED xxxx Sports Physiology and PHED xxxx Anatomy for Sports

**PROGRAM OUTCOMES:**

1. Identify and describe human anatomy and body structure relating to sports
2. Describe and explain physiological processes relating to sports
3. Describe methods of prevention of, and demonstrate and explain appropriate care for, athletic injuries
4. Increase fitness level by participating in class
5. Describe various coaching styles and develop their own coaching philosophy
6. Demonstrate techniques for aerobic and anaerobic sports

Program Description: The Fitness Specialist Certificate will equip students with the knowledge, skill, and understanding to enhance employment prospects in the health and fitness business, sports and leisure industry, coaching, and associate fields. This program is a great addition to the Associate of Arts degree.