

**Fitness Specialist****Certificate | 10 credits**

Campus: Hibbing, Itasca-Grand Rapids, Mesabi Range-Virginia Rainy River-Intl Falls, Vermilion-Ely

| Required Content Area Courses – 10 Credits |  | CREDITS |
|--|--|---------|
| PHED 1150                                  | Weight Training                          | 1       |
| PHED 1136                                  | Fitness and Conditioning                 | 1       |
| PHED 1415                                  | Sports Physiology                        | 2       |
| PHED 1520                                  | Anatomy for Sports                       | 2       |
| PHED 1500                                  | Theory of Coaching                       | 2       |
| PHED 1515                                  | Care and Prevention of Athletic Injuries | 2       |

**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.

**PROGRAM LEARNING OUTCOMES**

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

**PROGRAM NOTES**

Students may substitute BIOL 2371 & 2372 Human Anatomy & Physiology 1 & 2 (4 credits each) for PHED 1415 Sports Physiology and PHED 1520 Anatomy for Sports

AASC APPROVED: 12.20.21; DOC REV: 02.06.25

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