Fitness Specialist

Certificate Program 2012-2013

Program Requirements	28
Program Electives	1
TOTAL CREDITS	**29**

Program Information:

This certificate program is designed to prepare students with the knowledge, skills, and understanding to enhance employment prospects in the health and fitness industry, business, sports and leisure industry and coaching field. Areas of study include first aid and CPR, nutrition, wellness, weight training and conditioning, prevention and care of injuries, biology, and fitness testing and exercise prescription. For more information on ARCC, visit our Web site at http://www.AnokaRamsey.edu.

Program Goals:

By completing this certificate, students will achieve the following learning goals:

1. Demonstrate knowledge of the major components of physical fitness.
2. Demonstrate knowledge and understanding of the psychological principles which are critical to health/wellness behavior change.
3. Describe and demonstrate assessment techniques and methods for cardiovascular and muscular strength and endurance.
4. Demonstrate ability to design exercise training programs.

Application

To receive this certificate, submit a Certificate Application to the Records and Registration Office. Applications are available in Counseling and Advising Services, or the Records and Registration Offices on either campus. All course requirements must be met before a certificate will be awarded.

Completion Requirements:

- A minimum of 12 semester credits must be completed at Anoka-Ramsey Community College.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- A minimum grade of C or higher must be earned in all program requirements.
- All program requirements must be completed at Anoka-Ramsey Community College.
- Courses must be completed within 3 years. Students may petition to extend the window beyond the 3 years.
- All course requirements must be complete before a certificate will be awarded.

Program Requirements: 28 credits

- ☐ HPER 1103 First Aid & CPR 3
- ☐ HPER 1112 Nutrition 3
- ☐ HPER 1120* Wellness for Life 4
- ☐ HPER 1152* Aerobic Fitness ..... 0 or 2
- ☐ HPER 1160* Weight Training and Conditioning ..... 0 or 2
- ☐ HPER 1165* Fitness Walking ..... 0 or 2

** HPER 1152, 1160, and 1165 will all be taken for credit, but one will be taken as a lab with HPER 1120 and will count into the four credits for that class.*

- ☐ HPER 2205 Prevention and Care of Athletic Injuries 2
- ☐ HPER 2206 Introduction to Exercise Physiology and Kinesiology 3
- ☐ HPER 2207 Fitness Testing and Exercise Prescription 3
- ☐ HPER 2296 ♦ Field Experience and Seminar for Fitness Specialist 2
- ☐ BIOL 1104** The Human Body 4

***BIOL 2113 ♦ and 2114 ♦ can be substituted, but will affect length of program completion.*

Electives 1 credit

- ☐ Elective in HPER ..... 1 (minimum)

For more information about our program graduation rates, the median debt of students who completed the program, and other important information, please visit our Web Site at http://anokaramsey.edu/classes/Certificates/Fitness%20Specialist%20-%20Certificate.aspx and click on the "Gainful Employment Disclosure Report" link at the bottom of the page.

Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program; many courses are offered in the evening.

FIRST YEAR	Fall Semester	Spring Semester
	BIOL 1104 4	HPER 1152 2
	HPER 1120 4	HPER 1160 2
	HPER 1103 3	HPER 2205 2
	HPER 1112 3	HPER 2206 3
	Elective 1	HPER 2207 3
	TOTAL 15	HPER 2296 2
		TOTAL 14

♦ Course has a prerequisite. Prerequisites are listed on the course schedule and in the ARCC Catalog Course Descriptions pages.

NOTE: The requirements of this program are subject to change without notice. You are encouraged to contact an academic advisor, Cambridge Campus 763-433-1840 or Coon Rapids Campus 763-433-1240, for course planning assistance and information about transfer credit evaluation.

Anoka-Ramsey Community College
Cambridge • Coon Rapids