

Fitness Specialist Certificate Program 2008-2009

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.

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.

Program Admission: To apply for admission to the Fitness Specialist Program, submit the Application for the Fitness Specialist Program to the Records and Registration Office. Applications are available in Counseling and Advising Services or the Records and Registration Offices on either campus. The Fitness Specialist courses will be offered on both campuses of Anoka-Ramsey Community College.

Program Core Requirements: **27 credits**

HPER 1103 First Aid & CPR	3
HPER 1112 Nutrition	3
HPER 1120 Wellness for Life	4
<i>(taken in conjunction with Weight Training and Conditioning, Fitness Walking or Aerobic Fitness)</i>	
HPER 1152 Aerobic Fitness	0 or 2
HPER 1165 Fitness Walking	0 or 2
HPER 1160 Weight Training and Conditioning	0 or 2
HPER 2205 Prevention and Care of Athletic Injuries	2
HPER 2207 Fitness Testing and Exercise Prescription	3
BIOL 1104 The Human body	4
<i>(*BIOL 2113 and 2114 can be substituted, but will affect length of program completion.)</i>	

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.

Electives in HPER
 (Up to three credits could be an internship) 4 (minimum)

Total 27

Notes: 1) A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC. 2) A minimum grade of C must be earned in all Program Core Requirements. 3) Courses must be completed within 3 years.

* BIOL 1106 is a prerequisite for BIOL 2113 & 2114

Recommended Program Sequence: The sequence that follows is suggested. Many courses are offered in the evening.

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 2207	3
		HPER ELEC.	4
Total	14	Total	13

You are encouraged to contact a counselor or an advisor, Coon Rapids Campus 763.433.1230 or the Cambridge Campus 763-433-1830, for course planning assistance and information about transfer credit evaluation.

NOTE: The requirements of this program are subject to change without notice.