

FITNESS TRAINER, CERTIFICATE OF ACHIEVEMENT (C)

Overview

Goals and Objectives

1. Equip students with the knowledge, skills, and experience sought by employers in fitness professionals.
2. Prepare students to successfully complete their personal training certification.
3. Acquire job specific skills that fitness trainers can apply in their professional roles.
4. Provide students with valuable internship experience to enhance their job prospects.
5. Connect students with local hiring managers and fitness business owners in the Santa Barbara area.
6. Bridge the gap between certification and employability by offering comprehensive training that includes both theoretical knowledge and hands-on experience.

The Fitness Trainer Certificate of Achievement prepares students to obtain the knowledge, skills and experience employers are looking for in fitness trainers. Topics will include health and fitness concepts, nutrition, assessments, program design and instruction. The program also provides hands-on opportunities for students to gain experience. Students will be prepared for a Certified Personal Trainer exam and employment in the fitness industry.

Requirements

Certificate of Achievement Requirements

Complete all Major Requirements for the Certificate of Achievement with a C or better or Pass in each course. Candidates for a Certificate of Achievement are required to complete at least 20% of the major requirements through SBCC.

| Code | Title | Units |
|------------------------------------|---|--------------------|
| Major Requirements | | |
| Required Core | | |
| BMS 100 or BMS 107 & BMS 108 | The Human Body Human Anatomy and Human Physiology | 4-8 |
| HE 110 | Sports Nutrition | 3 |
| HE 213 | Concepts in Health and Physical Fitness | 3 |
| HE 220 | Fundamentals Of Exercise Testing And Fitness Instruction | 3 |
| PE 143A | Integrated Training: Beginning | 1.5 |
| PE 295 | Internship in Physical Education/ Health Education | 2 |
| Total Units | | 16.50-20.50 |

Learning Outcomes

1. Assess client needs, goals, fitness and health history to design a safe and effective exercise program.
2. Apply training principles to progress and regress exercises based on client needs and wellness.
3. Explain exercise principles and integrate them into programs.
4. Explain general nutrition concepts within scope of practice and assist clients in learning the role of nutrition for health and performance.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (<https://www.sbcc.edu/counselingcenter/counselingappointments.php>).