

Northern Virginia Community College 2009-2010 Catalog

FITNESS

Career Studies Certificate

AL, AN, LO, MA, WO

Purpose: This curriculum is designed to train students to become knowledgeable fitness instructors in health clubs, recreation departments, and fitness facilities in business and industry.

Recommended Preparation: Students are expected to attain high levels of fitness during this program and, consequently, should be in good health to participate in vigorous workouts.

Special Admission Information: No classes will be waived without permission of a Fitness Certificate advisor.

Completion Requirements: The following must be met to obtain the Fitness Career Studies Certificate:

1. Attain a good to excellent score on three out of five fitness assessments.
2. Achieve a grade of C or better in all certificate courses.
3. Score 80% or higher on the exit exam.
4. Hold a current CPR certification.

One Year

Credits

1st Semester

HLT	105 Cardiopulmonary Resuscitation or a current CPR card	1
PED	103 Aerobic Fitness I or PED 105 Aerobic Dance I	1
PED	111 Weight Training I	1
PED	116 Lifetime Fitness & Wellness	<u>1-2</u>
	Total	4-5

2nd Semester

PED	107 Exercise and Nutrition	1
¹ PED	220 Adult Health and Development	2-3
CST	110 Intro to Communication or CST 126 Interpersonal Communication	<u>3</u>
	Total	6-7

Total credits for the Fitness Career Studies Certificate = 10-12

Other suggested courses (not required): DIT 121 Nutrition I; PED 195 Topics in Kinesiology/Biomechanics; PED 195 Topics in Exercise Physiology; PED 195 Topics in Personal Trainer Preparation; or PED 195 Topics in Group Exercise.

¹ PED 190 – Coordinated Internship, 2 cr., may be substituted for PED 220 with approval of a Fitness advisor.