

Fitness Trainer/Instructor Certificate

Program Description

The Fitness Trainer/ Instructor certificate provides students with a cross-disciplinary foundation in the fields of exercise science, sports nutrition, wellness and first aid as applied to personal training and group fitness programming and instruction. It is an ideal path for students needing ACE exam review preparation, for those planning to pursue a bachelor's degree in a similar area of study, or for current professionals seeking to update and enhance their knowledge and skills.

Program Contacts

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Program Outcomes

Upon successful completion of the Fitness Trainer/Instructor Certificate program, the learner will be able to:

1. Identify terms and functions pertaining to the systems of the body as they relate to exercise, wellness, fitness and sport. (BIO 160 or higher, PHE 152, PHE 157, PHE 251, PHE 252)
2. Explain the basic functions of the biological, anatomical, biomechanical, and physiological mechanisms of human motor performance as it relates to exercise, wellness, fitness and sport. (BIO 160 or higher, PHE 152, PHE 153, PHE 157, PHE 251, PHE 252)
3. Measure, identify, design and evaluate effectiveness of basic regiments of exercise across diverse populations pertaining to human motor performance as it relates to exercise, wellness and fitness. (PHE 153, PHE 167, PHE 251, PHE 252)

Program Requirements

A minimum of 18 credit hours is required to complete the Fitness Trainer/Instructor Certificate.

Course	Course Title	Credit Hours	
BIO160	Intro Human Anat & Physiology	4	
OR Higher level Anatomy & Physiology course			
PHE152	Personal Health & Wellness	3	
PHE153	First Aid/CPR/AED and Safety	2	
PHE157	Nutrition for Health/Fit/Sport	3	
PHE167	ACE Group Fitness Instr Prep	3	
OR	PHE252	ACE Personal Trainer Prep	3
	PHE251	Integrated Exercise Science	3