



FITNESS SPECIALIST CERTIFICATE 2009-2010 GRADUATION WORKSHEET

REV. 3-31-2009

REQUIRED COURSES FOR THE FITNESS SPECIALIST CERTIFICATE (10 CREDITS)

PHED 1190 (1) Weight Training
PHED 1290 (2) Sports Physiology ^
PHED 1300 (3) Anatomy for Sports ^
PHED 1600 (1) Aerobic Circuit Training
PHED 1910 (1) Introduction to Coaching
PHED 2100 (2) Prevention and Care of Athletic Injuries

To be eligible for graduation with the Fitness Specialist Certificate, you must satisfy the following requirement:

⇒ Must complete all required courses with a minimum GPA of 2.0.

NOTES:

- Not all courses are available every year. Work with your advisor to determine course availability.
- If combined with the necessary general education courses, the Fitness Specialist Certificate can be obtained along with an Associate's Degree.
- The information in this graduation worksheet is for use as an academic planning tool and is subject to change at any time.
- ^ Students may substitute BIOL 2000 & 2010 or BIOL 2100 & 2200 for PHED 1290 & PHED 1300.
- Rainy River Community College is a member of the Minnesota State Colleges and Universities System.
- Rainy River Community College is an equal opportunity employer and educator.

PROGRAM DESCRIPTION

The Fitness Specialist Certificate will equip students with the knowledge, skills, and understanding to enhance employment prospects in the health and fitness business, sports and leisure industry, coaching, and associated fields.

SKILLS GAINED

Through this program, students will gain knowledge in:

- human anatomy
- sports physiology
- fitness and conditioning
- prevention and care of athletic injuries
- exercise testing
- coaching

INFORMATION

For additional program information, contact enrollment management @ 218.285.7722