

Fitness, Nutrition, and Health Certificate

Kinesiology, Athletics, & Dance

Total Units: 24.5

Term Effective: ~~Fall 2021~~ 2023

Description:

The Fitness, Nutrition, and Health Certificate of Achievement at Santa Rosa Junior College is designed to provide an in-depth study and practical application of principles of nutrition, weight management, behavior modification, fitness testing, physical fitness training, exercise leadership and program design. This certificate/major is for students seeking careers and/or additional training in the fitness and health industry. Possible career opportunities may include personal trainer, group exercise instructor, health or wellness coach, weight management consultant, aerobic dance instructor, and fitness instructor. This program also prepares students to sit for nationally recognized certification exams such as American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), Aerobics and Fitness Association of America (AFAA), and National Strength and Conditioning Association (NSCA).

This certificate is unique in its design because in addition to learning principles of exercise science, it also encompasses comprehensive topics in the area of health, nutrition, and behavior change vital for fitness trainers to address broader client goals and to meet the need of a growing trend toward wellness type coaching. This certificate also has a strong emphasis on practical “hands-on” experience and teaching techniques.

This program of study is also available as an Associate degree [major](#) option.

Program Student Learning Outcomes:

Upon successful completion of this program, the student will be able to:

1. Design safe and effective training programs based on client needs, goals, fitness level and health history;
2. Demonstrate proper individual and group exercise leadership skills for general and special populations;
3. Evaluate client food intake and educate clients on healthful eating habits for weight management and physical performance;
4. Integrate behavior modification techniques and concepts of health and wellness to formulate comprehensive training plans; and
5. Analyze emerging information in the field of nutrition, health, and fitness and differentiate between credible and non-credible sources and information.

Program Requirements:

The requirements for the Fitness, Nutrition, and Health Certificate program are:

- Complete 24.5 units from
 - Fitness, Nutrition and Health

Fitness, Nutrition and Health - complete 24.50 units		
FDNT 10	Elementary Nutrition	3.00
FDNT 60	Nutrition and Physical Fitness	1.00
KINES 53	Principles of Health and Wellness	3.00
KINES 80	Introduction to Applied Kinesiology and Anatomy	3.00
KINES 81	Introduction to Exercise Physiology	3.00
KINES 82	Exercise Assessment and Prescription	3.00
KINES 83	Techniques of Fitness Instruction	3.00
Complete any combination totaling at least 1.00 units from the following:		
Course	Description	Units
KINES 50	Teaching Practicum	1.50
KINES 50.1	Fitness Teaching Practicum	1.00
WEOC 99I	Internship Occupational Work Experience	1.00
Complete any combination totaling at least 3.00 units from the following:		
Course	Description	Units
BMK 50	Marketing	3.00
BMK 51	Principles of Selling	3.00
DIET 191	Counseling and Group Facilitation Skills in Healthcare	3.00
KINES 4	Introduction to Sports Medicine	3.00
KINES 59	Psychological Aspects of Sport Performance	3.00
Complete any combination totaling at least 1.50 units from the following:		
Course	Description	Units
KFIT 1.1	Beginning Aerobic Dance	1.50
KFIT 1.2	Intermediate Aerobic Dance	1.50

KFIT 2.1	Beginning Step Aerobics	1.50
KFIT 2.2	Intermediate Step Aerobics	1.50
KFIT 3.1	Beginning Body Conditioning	1.50
KFIT 3.2	Intermediate Body Conditioning	1.50
KFIT 3.3	Advanced Body Conditioning	1.50
KFIT 5	Introduction to Pilates Mat	1.50
KFIT 5.1	Beginning Pilates Mat	1.50
KFIT 5.2	Intermediate Pilates Mat	1.50
KFIT 6	Introduction to Yoga	1.50
KFIT 6.1	Beginning Yoga	1.50
KFIT 6.2	Intermediate Yoga	1.50
KFIT 7.1	Beginning Circuit Training	1.50
KFIT 7.2	Circuit Training Intermediate	1.50
KFIT 8	Introduction to Weight Lifting	1.50
KFIT 8.1	Beginning Weight Lifting	1.50
KFIT 10.1	Resistance Training	1.50
KFIT 11.1	Periodized Weight Training	1.50
KFIT 12.1	Power Lifting	1.50
KFIT 16.1	Plyometrics, Speed and Agility	1.50
KFIT 17.1	Interval Training	1.50
KFIT 20.1	ZUMBA	1.50
KFIT 21.1	Cardio Kickboxing	1.50
KFIT 25.1	Vinyasa Flow Yoga	1.50
KFIT 26.1	Gentle Yoga	1.50
KFIT 30.1	Stability Ball Training	1.50
KFIT 31.1	Pilates Yoga Fusion	1.50
KFIT 32	Introduction to Barre Fitness	1.50
KFIT 32.1	Beginning Barre Fitness	1.50
KFIT 36.1	Jogging for Fitness	1.50
KFIT 37	Introduction to Boot Camp Training	1.50
KFIT 37.1	Boot Camp	1.50
KFIT 61	Personal Fitness Training	1.50
KFIT 62	Personal Fitness Technique	1.50
KFIT 63	Personal Fitness Health and Wellness	1.50
KFIT 64	Personal Fitness Program Design	1.50

Term Effective: Fall ~~2021~~ 2023

The requirements for this program of study are effective beginning the semester shown above. If you began working on this program before the effective semester, you may not be affected by the changes. Consult with the program contact person or the department chair to determine your eligibility to complete the program under previous requirements.

Previous Versions:

- [Fitness, Nutrition and Health](#) - effective Fall 2019
- [Fitness, Nutrition and Health](#) - effective Fall 2018
- [Fitness, Nutrition and Health](#) - effective Fall 2017
- [Fitness, Nutrition and Health](#) - effective Fall 2015
- [Fitness, Nutrition and Health](#) - effective Spring 2014
- [Fitness, Nutrition and Health](#) - effective Fall 2012
- [Fitness, Nutrition and Health](#) - effective Spring 2012

Course Prerequisites and Advisories:

Courses in a program of study may have prerequisites or advisories; that is, courses that must or should be completed before taking that course. Please check for prerequisites or advisories by clicking on the course numbers in the Program Requirements section.

It is important that students who are completing an Associate Degree and desire to transfer to a four-year institution meet with a counselor to plan their lower division coursework. While many majors at SRJC are intended to align with lower division major preparation required by California public universities, specific lower-division major requirements vary among individual campuses. See a [counselor](#), visit the [Transfer Center](#), and check [Guides For Transfer in Specific Majors](#), and [ASSIST](#) to review transfer preparation guides for specific schools and majors.

Notes:

Student must complete at least one unit from the KFIT courses listed.

~~WEOC 99I MUST be taken for one unit of Occupational Work Experience Internship: 75 hours (paid) or 60 hours (unpaid). One unit is the minimum requirement for this program.~~

Contact Information	Phone	Email	Website
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