

Moreno Valley College



Fitness Professionals Certificate

The Fitness Professionals Certificate program will give hands on training and experience to students in preparation for a career in the growing field of fitness. Students will be taught scientific principles of exercise and physical conditioning, techniques of strength training, nutrition, and methods appropriate to establishing healthy behavior. This program prepares candidates for the National Academy of Sports Medicine (NASM), American Council on Exercise (ACE), and the National Strength & Conditioning Association Certified Personal Trainer (NSCA-CPT) certification exams.

Program Requirements

Fitness Professionals Certificate (14-17 units)

Required Courses (13 units)

- KIN 4 Nutrition (3 units)
- KIN 30 First Aid and CPR (3 units)
- KIN 35 Foundations for Fitness & Wellness (3 units)
- KIN 43 Personal Training (3 units)
- KIN A81 Cardio & Strength Training (Beg. Int., or Adv.) (1 unit)

Choose **one** of the following: (1-4 units)

- KIN 45 Group Fitness Instructor (3 units)
- KIN 44 Yoga Instructor Training (3 units)
- KIN 12 Sport Psychology (3 units)
- KIN 200 Kinesiology Work Experience (1-4 units)