

**Program Information**

The Fitness Specialist certificate program is designed to prepare students with the knowledge, skills, and understanding to enhance employment prospects in the health and fitness industry, business, sports and leisure industry and coaching field. Areas of study include first aid and CPR, nutrition, wellness, weight training and conditioning, prevention and care of injuries, biology, and fitness testing and exercise prescription.

**Program Goals**

By completing this certificate, students will achieve the following learning goals:

1. Demonstrate knowledge of the major components of physical fitness;
2. Demonstrate knowledge and understanding of the psychological principles which are critical to health/wellness behavior change;
3. Describe and demonstrate assessment techniques and methods for cardiovascular and muscular strength and endurance; and
4. Demonstrate ability to design exercise training programs.

**Completion Requirements**

- A minimum of 12 semester credits in courses numbered 1000 or above must be completed at ARCC.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- A minimum grade of C must be earned in all program requirements.
- All program requirements must be completed at ARCC.
- Courses must be completed within three years. Students may petition to extend the window beyond the three years.
- All courses requirements must be complete before a certificate will be awarded.
- Students must complete a Certificate Application. Certificate Applications are available online, in the Office of Records & Registration, and in the Advising Center. Submit a completed form to the Office of Records & Registration.
- The requirements of this program are subject to change without notice.

**Program Requirements: 29 credits**

<input type="checkbox"/> HPER 1103	First Aid and CPR .....	3
<input type="checkbox"/> HPER 1112	Nutrition .....	3
<input type="checkbox"/> HPER 1120	Wellness for Life .....	4
<input type="checkbox"/> HPER 1152*	Aerobic Fitness.....	0
<input type="checkbox"/> HPER 1160	Weight Training and Conditioning .....	2
<input type="checkbox"/> HPER 1200	Anatomy of Movement.....	2
<input type="checkbox"/> HPER 2205	Prevention and Care of Athletic Injuries .....	2
<input type="checkbox"/> HPER 2206	Exercise Physiology.....	4
<input type="checkbox"/> HPER 2207♦	Fitness Testing and Exercise Prescription .....	2
<input type="checkbox"/> HPER 2208^	Concepts in Personal Training .....	2
<input type="checkbox"/> HPER 2230	Introduction to Sport Management .....	3
<input type="checkbox"/> HPER 2296^**	Field Experience and Seminar for Fitness Specialist .....	2

\**HPER 1152 is taken in conjunction with HPER 1120 and will count into the four credits for that class.*

\*\**Prior to taking HPER 2296 students are required to complete HPER 1103.*

For more information about our program graduation rates, the median debt of students who completed the program, and other important information, please visit the "Gainful Employment Disclosure Report" at: [http://www.minnstate.edu/admissions/ge/anokaramsey/GEDT\\_0152\\_7561\\_1/gedt.html](http://www.minnstate.edu/admissions/ge/anokaramsey/GEDT_0152_7561_1/gedt.html).

It is recommended that a minimum of 12 program-required credits be completed or concurrently enrolled in prior to taking HPER 2296.

**Program Sequence:**

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program.

	Fall Semester	Spring Semester
1 <sup>st</sup> YEAR	HPER 1103.....3	HPER 1112.....3
	HPER 1120/1152.....4	HPER 2205.....2
	HPER 1160.....2	HPER 2207.....2
	HPER 1200.....2	HPER 2208.....2
	HPER 2206.....4	HPER 2230.....3
		HPER 2296.....2
	<b>TOTAL..... 15</b>	<b>TOTAL..... 14</b>

♦ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.