

## FOUNDATIONAL FITNESS

### Certificate

#### Program Description

Over the past decade, the percentage of American youth, adults and older adults who are under fit and overweight has increased significantly, with related escalation in degenerative diseases and health care costs. One potential solution to these problems is competent, academically trained fitness professionals who can help our inactive population develop desirable levels of muscular strength, cardiovascular endurance, joint flexibility, and body composition. This certificate program is designed for students who want to work as exercise instructors in YMCAs, fitness centers, or retirement communities, and also provides the framework for progressing to a national personal trainer certification.

#### Program Outcomes

At the completion of the program, the student should be able to:

- Develop a philosophy of wellness/fitness that enhances quality of life for themselves and their clients.
- Apply research-based principles of exercise physiology for designing safe and effective exercise programs for improved muscular strength, cardiovascular endurance, joint flexibility, and body composition
- Apply research-based principles of biomechanics for making appropriate exercise selection and teaching proper exercise performance.
- Develop individualized fitness programs to accommodate the training objectives and exercise abilities of youth, adults, and older adults.

Program Requirements – 9 credits total		Credits
EXS 102	Muscular & Cardiovascular Fitness	3 credits
EXS 119	Bioenergetics & Biomechanics	3 credits
EXS 201	Youth and Senior Fitness (F)	3 credits

**Total credits required for graduation**

**9 credits**

#### Additional Information

Note: All classes are offered in the fall and the spring unless otherwise designated:

F=Class is only offered in the Fall  
S=Class is only offered in the Spring

**THIS PROGRAM DOES NOT QUALIFY FOR FINANCIAL AID.**