

EXERCISE SCIENCE & PERSONAL TRAINING

Certificate

Quincy College | Academic Division of Allied Health

Program Description

The Certificate in Exercise and Health Science provides students with foundational knowledge and practical skills in fitness assessment, exercise programming, and health promotion. The curriculum emphasizes the application of exercise science principles to support safe and effective physical activity across diverse populations.

Students develop competencies in functional movement, resistance and cardiovascular training, and lifestyle-based health strategies. Through a combination of classroom instruction and applied learning experiences, students gain the skills needed to work in entry-level positions within fitness centers, wellness programs, and community health settings.

This certificate also prepares students to pursue nationally recognized fitness certifications and serves as a stackable credential for those continuing into the Associate of Science degree in Exercise and Health Science.

Program Outcomes

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

- Apply foundational principles of exercise science, including anatomy, physiology, and movement, to support safe physical activity.
- Conduct basic health and fitness assessments and interpret results to guide exercise programming.
- Design and implement safe and effective exercise programs for apparently healthy individuals.
- Apply principles of resistance training, cardiovascular conditioning, and mobility to improve overall fitness.
- Demonstrate professional communication, ethical practice, and client-centered approaches in fitness and wellness settings.

ADDITIONAL INFORMATION

(*) Indicates course requires the completion of a prerequisite.

Students may transfer courses from accredited institutions. Science courses must have been completed within the past five (5) years at the college level.

All courses listed above may be applied to the Associate Degree Program in Exercise Science/Personal Training.

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

Course / Credit Information

Program Requirements 24 - 25 credits	Credits
EXS 103 Foundations of Exercise & Health Science	4 credits
EXS 117 Functional Anatomy & Movement	3 credits
EXS 151 Nutrition for Health & Performance*	3 credits
EXS 112 Exercise Testing & Prescription	3 credits
EXS 122 Resistance & Cardiovascular Training	3 credits
EXS 220 Mobility & Injury Prevention	3 credits
EXS 209 Health Promotion & Community Wellness	3 credits
Program Elective	3 – 4 credits

Total credits required for graduation 24 - 25 credits

Program Electives	Credits
EXS 250 Special Population & Clinical Exercise	3 credits
HSC 207 Technology & Data in Exercise Science	4 credits

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COURSE FLOW

Semester 1	Credits	Pre-Requisites
EXS 103 Foundations of Exercise & Health Science	3 credits	
EXS 117 Functional Anatomy & Movement ¹	3 credits	
EXS 151 Nutrition for Health & Performance ¹	3 credits	
EXS 220 Mobility & Injury Prevention	3 credits	
Total	12 credits	

Semester 2	Credits	Pre-Requisites
EXS 112 Exercise Testing & Prescription ¹	3 credits	
EXS 122 Resistance & Cardiovascular Training ¹	4 credits	
EXS 209 Health Promotion & Community Wellness ¹	3 credits	
Program Elective	3 credits	
Total	12 credits	

Semester Path

Recommended course of study for a full-time student. It is recommended that students speak to an Academic Advisor before registering for courses each semester.

Student Resources

Academic Advising
617-984-1720

Dean's Office of Liberal Arts & Professional Programs
617-405-5920

Dean's Office of Allied Health & Natural Science
617-405-5960

Dean's Office of Nursing
617-405-5990

Financial Aid Office
617-984-1620

Registrar's Office
617-984-1650

Student Accessibility and Academic Support Services
617-405-5915