

FOUNDATIONAL FITNESS

Certificate

Quincy College | Academic Division of Allied Health

Program Description

This certificate program prepares students to work as exercise instructors and personal trainers in fitness centers, YMCAs, and other exercise facilities. The redesigned curriculum aligns with ACSM and NSCA standards, equipping students with foundational competencies for national personal trainer certification examinations. The program provides evidence-based classroom instruction and practical exercise experience with diverse populations. 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.

Course / Credit Information

Program Requirements 21 credits	Credits
EXS 103 Foundations of Exercise & Health Science	3 credits
EXS 112 Exercise Testing & Prescription ¹	3 credits
EXS 117 Functional Anatomy & Movement ¹	3 credits
EXS 122 Resistance & Cardiovascular Training ¹	3 credits
EXS 151 Nutrition for Health & Performance ¹	3 credits
EXS 207 Technology & Data in Exercise Science ¹	3 credits
EXS 220 Mobility & Injury Prevention	3 credits

Total credits required for graduation 21 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.