

EXERCISE SCIENCE, CERTIFICATE OF PROFICIENCY

Certificate Description

This Exercise Science Certificate Program is designed to prepare students for entry level positions in the ever-growing area of personal conditioning and wellness as determined by current science and technology. Students may apply credits earned in the certificate program toward an associate degree.

Certificate Requirements

| Code | Title | Credit Hours |
|---|--|--------------|
| ENGL 151 | English I | 3 |
| BIOL 119 or BIOL 161 | Science and the Human Body General Biology I | 4 |
| HEHP 160 | First Aid/CPR/AED Schools and the Community | 3 |
| HEHP 188 | Introduction to Nutrition | 3 |
| HEHP 225 | Contemporary Health | 3 |
| HEHP 238 | Management and Rehabilitation of Athletic Injuries | 3 |
| HEHP 239 | Strength and Conditioning Physiology | 3 |
| HEHP 252 | Nutrition for Fitness and Sport | 3 |
| Exercise Science Certificate Electives (p. 1) | | 7 |
| Total Credit Hours | | 32 |

Exercise Science Certificate Electives

| Code | Title | Credit Hours |
|----------|--|--------------|
| HEHP 100 | Aerobic Conditioning | 1 |
| HEHP 101 | Weight Training and Body Building | 1 |
| HEHP 102 | Volleyball | 1 |
| HEHP 210 | Karate I | 2 |
| HEHP 228 | Care and Prevention of Athletic Injuries | 3 |
| HEHP 265 | Kinesiology | 3 |
| HEHP 266 | Exercise and Health Counseling | 3 |