



Health Sciences Career and Academic Pathways (CAPs) Program Map: Certificate of Achievement for Fitness Specialist

Total number of units: 27 units

Top Code/Academic Plan: 1228.00

Updated on May 6, 2021

Semester 1	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 100	Introduction to Kinesiology	3	UC:CSU Transferable.	Course offered online and short term.
Program Course	HEALTH 012	Safety Education and First Aid	3	UC:CSU Transferable. Additional fees may apply for certifications.	Course offered online and short term.

Total Units 6

Interession	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 118	Sports Nutrition	2	CSU Transferable.	Course offered online and short term.

Total Units 2

Semester 2	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 117	Personal Trainer	3	CSU Transferable.	Course offered online and short term.
Program Course	KIN MAJ 115	Techniques of Instruction: Strength Training	1.5		Course offered online and short term.

Total Units 4.5

Interession	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 113	Exercise Testing and Prescription	2	CSU Transferable.	Course will be offered in the Spring semester.

Total Units 2

Semester 3	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 116	Introduction to Exercise Physiology	3	CSU Transferable.	Course offered online and short term.
Program Course	KIN MAJ 114	Techniques of Instruction: Group Fitness	1.5	CSU Transferable.	Course offered online and short term.
Program Course	KIN MAJ 131	Kinesiology Internship Experience	1	Recommended to take this course at the end of the program.	

Total Units 5.5

Interession	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN MAJ 113	Exercise Testing and Prescription	2	CSU Transferable.	Course will be offered in the Spring semester.

Total Units 2

Any Semester	Course Code	Course	Units	Notes	Advising Notes
Program Course	KIN 301-1	Swimming Skills I	1	Department also recommends: KIN 327, 328-1, 330-1, 331-1, 333, 336-1, 337.	Check course availability for the session
Program Course	KIN 301-2	Swimming Skills II	1	Department also recommends: KIN 327, 328-1, 330-1, 331-1, 333, 336-1, 337.	Check course availability for the session
Program Course	KIN 301-3	Swimming Skills III	1	Department also recommends: KIN 327, 328-1, 330-1, 331-1, 333, 336-1, 337.	Check course availability for the session
Program Course	KIN 301-4	Swimming Skills IV	1	Department also recommends: KIN 327, 328-1, 330-1, 331-1, 333, 336-1, 337.	Check course availability for the session
Program Course	KIN 346-1	Body Toning	1	Department also recommends: KIN 327, 328-1, 330-1, 331-1, 333, 336-1, 337.	Check course availability for the session

Total Units 5

Degree Path and Requirements:

Complete the core courses outlined below (21 units). Complete a minimum of 2 units from the elective activity courses.

This map is a suggested term-by-term sequence of courses to complete the program in a recommended time frame. This is an efficient and recommended plan, but actual plans may vary by individual student need. This map cannot replace a meeting with [counselors](#).

Department Advising Notes:

Students interested in pursuing a Bachelor's degree in Kinesiology, should meet with an academic and/or transfer counselor to discuss transfer requirements. Additional certifications may apply for employment.

Program Description

The East Los Angeles Kinesiology Fitness Specialist Certificate of Achievement program will give hands on training and experience for students to be prepared for entry-level positions or higher. The student will be trained to evaluate the physiological and psychological effects of physical activities and design personalized exercise prescriptions. Program graduates will be qualified to be personal fitness trainer and/or group exercise instructor. Students in the program will learn scientific principles of exercise and physical conditioning, techniques of strength training, and methods appropriate to establishing healthy behavior. This program also prepares candidates for the National Academy of Sports Medicine (NASM), American Council on Exercise (ACE), and the National Strength & Conditioning Association Certified Personal Trainer (NSCA-CPT) certification exams.

Career and Transfer Opportunities: Employment of fitness trainers and instructors is projected to grow 15 percent from 2019 to 2029, much faster than the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors. The median annual wage for fitness trainers and instructors was \$46,000 in May 2020.

Career and Transfer Opportunities

Visit the [Transfer Center](#) for transfer and guaranteed transfer information, which varies based on transfer college. Make an appointment with [a counselor](#) for transfer information. Students can visit [Career and Job Services](#) for career counseling and further exploration.

Youtube Videos

[You Belong at East Los Angeles College](#)

Program Map

A suggested sequence of classes to complete a degree, certificate, or program of study. Students should consult an academic counselor for variations to this plan based on part-time or full-time status, transfer plans, pre-requisites needed, etc.

Prerequisite Course

A specific course that must be completed before advancing to the next course.

Check the online catalog at elac.edu for the latest and most accurate information.

Contact

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