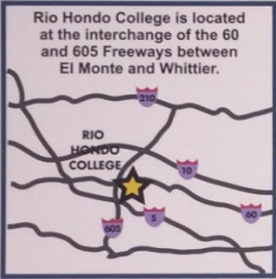


**RIO  
HONDO  
COLLEGE**



3600 Workman Mill Road  
Whittier, CA 90601  
[www.riohondo.edu](http://www.riohondo.edu)

Rio Hondo College is located  
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and 605 Freeways between  
El Monte and Whittier.



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*Recipient of the  
Bronze Star Strong Workforce Award  
from the California Community Colleges  
Chancellor's Office*

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## FITNESS SPECIALIST CERTIFICATE

**RIO  
HONDO  
COLLEGE**



## FITNESS SPECIALIST CERTIFICATE

### THE PROGRAM: SPECIALIZED SKILL TRAINING

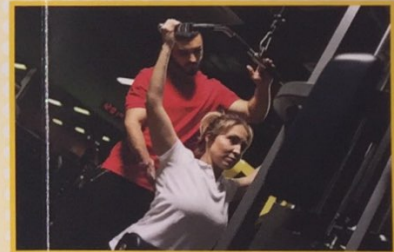
The Fitness Specialist Certificate Program is designed to prepare students to become fitness professionals in the rapidly expanding health, exercise, and wellness industry. The program centers on knowledge of exercise science principles, with a strong emphasis on the application of skills to develop an employable fitness professional. Further, an emphasis is placed on attitudes and behaviors important to those serving not just as practitioners, but as role models of fitness.



Through the required coursework, which blends both theory and practice, students gain the most current scientific knowledge and hands-on practical skills to excel in the fitness field. The curriculum is designed to provide a strong academic foundation to prepare students in customizing individualized fitness programs based on assessments, goals, and abilities. Students learn to educate and guide clients in improving their health and achieving their fitness-related goals. In addition, students develop group class instruction skills to facilitate fun, safe, and effective group leadership.

This program also affords students the opportunity to obtain work experience through our fitness internship class, making candidates extremely prepared and marketable in a competitive field. Our graduates are highly sought-after by employers, such as 24-Hour Fitness, Equinox, YMCA, and other health clubs and gyms.

The certificate may be completed in two academic semesters for students who attend full-time.





**CERTIFICATE OF ACHIEVEMENT**

A California State-Approved Certificate of Achievement is awarded upon successful completion of 23 units of the required courses with a grade of "C" or better. Further, students are prepared to take and successfully pass national personal trainer certification exams, such as ACSM, NSCA, ACE, and AFAA.

**This program is ideal for:**

- ◆ Adults interested in a rewarding career as a personal trainer or group exercise instructor
- ◆ Current personal trainers and fitness instructors needing advanced knowledge and CEUs to maintain national certifications
- ◆ Persons exploring the fitness and exercise field and/or transitioning from another career
- ◆ Dietitians, chiropractors, nurses, psychologists, sports medicine and other health professionals who want to add a lucrative specialty to their practice
- ◆ Lifelong learners who desire a deeper understanding of health and fitness for their own wellness



The Division of Kinesiology, Dance, and Physical Education at Rio Hondo College provides state-of-the-art training facilities to optimize the student's career training for the Fitness Specialist.

The Rio Hondo College Fitness Specialist Certificate Program is a recipient of the Bronze Star Strong Workforce Award from the California Community Colleges Chancellor's Office.



**Fitness Specialist Certificate Program  
Required Courses (23 units total)**

Courses	Units
KIN 115 Fitness Specialist Internship	2
KIN 122 Nutrition for Sport and Fitness	3
KIN 126 Principles of Strength and Conditioning	3
KIN 127 Exercise Physiology	3
KIN 128 Exercise Testing and Prescription	3
KIN 131 Structure & Analysis of Movement	3
KIN 145 Theory and Analysis of Fitness Instruction	2
KIN 146 Training for Special Populations	2

**Select two additional Activity Courses (Fall, Spring or Summer):**

KINA 130 Lifelong Fitness Laboratory	1
KINA 136 Pilates Mat I	1
KINA 158 Yoga I	1

**FACULTY**

Faculty have Master's and Doctorate degrees in the areas of Exercise Science, Kinesiology, Physical Therapy, Health Science, Movement Studies, and Chiropractic. Several hold national personal training, yoga, pilates, and TRX certifications, including the prestigious CSCS® designation.

**COSTS**

Estimated fees for tuition and books are approximately \$1,500. Financial aid may be available to qualified applicants.