

Kinesiology/Exercise Science Certificate (23 hours)

Program

Health and Wellness

Degree Type

CTE Short-Term Certificate (STC)

The Kinesiology/Exercise Science Certificate (23 hrs) is for the student wishing to continue their education at a four-year institution majoring in kinesiology/exercise science or some related field, or a student wanting to continue their education in the field of physical therapy or physical therapy assistant. Students will be certified as a personal trainer through the American Council on Exercise (ACE) upon passing the ACE Personal Trainer Exam, as well as First Aid and CPR certifications through the American Heart Association.

- Any 1-hour PED course can be substituted for PED 105

Item #	Title	Credits
HED 226	WELLNESS	3
HED 231	FIRST AID	3
BIO 201	HUMAN ANATOMY AND PHYSIOLOGY I	4
HPS 105	MEDICAL TERMINOLOGY	3
	HEC 140 or PED 224	3
HED 232	CARE AND PREVENTION OF ATHLETIC INJURIES	3
PED 223	METHODS OF INSTRUCTION	3
PED 105	PERSONAL FITNESS	1
	Total Credits	23