

Fitness Coach Certificate

You will learn how to design group or individual exercise programs that improve cardio-respiratory function, body composition, muscular strength, muscular endurance or flexibility. You will also develop skills in health risk stratification, health and physical fitness assessments, interpretation of results, and motivational strategies to help healthy individuals and those with medically controlled diseases.



Program
Details
Outcomes
GI Bill

Prior Learning Credit Resources:

Test Out	Train Out
College Course Credit Exams CLEP DSST	Official Military Transcripts JST CCAF

C.O.O.L.
Credentiaing Opportunities On-Line
ARMY NAVY/MARINES AIRFORCE

Anatomy and Physiology /Health Fitness Professionals- 5 Credits
Nutrition for Sport and Exercise- 3 Credits
Essentials of Weight Management- 2 Credits
Sports and Exercise Psychology- 3 Credits
Coaching Techniques and Business Basics- 3 Credits
CPR for the Professional Rescuer First Aid & Blood Borne Pathogens- 2 Credits
Introduction to Personal Wellness- 2 Credits
Total Credits 20

**Certificate
Fitness Coach
20 Credits**

**Associate in Applied Science
Kinesiology
105 Credits**

PATHWAYS TO 4 YR DEGREES
Articulated Degree Option
[Pacific Lutheran University](#)
School of Education & Kinesiology
Related Degree Options

[Washington State University](#)
Sport and Fitness Science
[Online and Out of State](#)

Personal Trainer
Fitness Instructor
Fitness Specialist
Coach



Fitness Program Director
Exercise Physiologist
Athletic Trainer
Health Education Specialist



What will I be doing?



A Career In-Demand?



Will I like this Career?



Receive support from:

**VIE-25 Point of
Contact**

**Diana Baker
253-912-3641**

dbaker@pierce.ctc.edu

**Similar VIE 25
Programs:**

