



THE **FITNESS SPECIALIST CERTIFICATE**

AT GLENDALE COMMUNITY COLLEGE



ATHLETICS & FITNESS ASSOCIATION OF AMERICA

We've partnered with the National Academy of Sports Medicine (NASM) and the Athletics and Fitness Association of America (AFAA) to help GCC students get certified!

NASM CERTIFIED PERSONAL TRAINER

CPT exam + materials \$200 discount
Plus discounts for advanced certifications:
Corrective Exercise Specialist (CES)
Performance Enhancement Specialist (PES)

AFAA GROUP FITNESS INSTRUCTOR

GFI exam + materials 30% discount
Plus discounts for other specialty formats

The Fitness Specialist Certificate helps you prepare to ace your exams and start an exciting career in the fitness industry.

WWW.GLENDALE.EDU/FITNESS

 [/GCCFITNESSPROS](https://www.instagram.com/GCCFITNESSPROS)

REQUIREMENTS	DEPT/ NAME	COURSE TITLE	UNITS	SEQUENCE
Required Core (14-17 units)	KIN 151	Applied Exercise Science	4	1st semester FALL
	KIN 167	Weight Training and Conditioning I	1.5	1st semester FALL
	KIN 168	Weight Training and Conditioning II	1.5	1st semester FALL
	KIN 155	Foundations for Group Exercise Instruction	3	2nd semester SPRING
	KIN 156	Foundations for Personal Fitness Training	4	2nd semester SPRING
	HLTH 102	Standard First Aid and CPR (unless requirement has been met)	3	1st or 2nd semester, or WINTER/SUMMER
Elective Skill Select one class from the following (2-4 units)	HLTH 128	Nutrition for Physical Fitness and Disease Prevention	3	1st or 2nd semester FALL
	BUSAD 158	Introduction to Entrepreneurship	3	1st or 2nd semester
	KIN 157	Prevention and Care of Athletic Injuries	3	2nd semester SPRING
	KIN 158	Fitness Training for Special Populations	4	2nd semester SPRING
	ENTRE 101	Concepts of Entrepreneurship	2	1st or 2nd semester
	ENTRE 102	The Entrepreneurial Mindset	3	1st or 2nd semester
Elective Activity Select two classes from the following (KIN 50 may be taken twice) (2-3 units)	PE 108	Group Exercise I	1	1st or 2nd semester
	PE 110	Indoor Cycling I	1	
	PE 111	Indoor Cycling II	1	
	PE 180	Running Aerobics I	1	
	PE 181	Running Aerobics II	1	
	PE 220	Kickboxing I	1	
	PE 221	Kickboxing II	1	
	DANCE 101	Introduction to Dance	1.5	
	DANCE 190	Beginning Yoga	1.5	
	DANCE 194	Pilates	1.5	
	KIN 050	Internship in Fitness Training	1-3	
	CO ED 101	General Work Experience	1-3	
Total Units for Certificate			18-24 units	