

Fitness Specialist

Program Overview

The program is designed to educate and train community members in the areas of health and fitness. Graduates of the program will have the skills and knowledge necessary for employment in the booming health and fitness industry. After completion of this program, individuals will be prepared for positions, entry level or higher, in the fitness industry. Graduates will be qualified to become strength and conditioning instructors, exercise testing technicians, weight training coaches, and personal fitness trainers. It will also provide extensive background for those wishing to transfer and continue their education in the fitness and exercise field.

Career Opportunities

Currently the fitness market in the San Joaquin Delta College service area is very active and growing. Housing in the area is booming, bringing with it extensive population growth and the need for increased services. Awareness of the value of health and fitness seems to be on the rise. Because of these factors there is a great need for competent fitness professionals. All health and fitness facilities in the area are avidly seeking competent employees.

Certificate Requirements

Total Units Required: 18.0

Recommended Courses:	Units
H ED 31 Emergency Response	3.0
PE 42V Theory an Application of Weight Training	2.0
PE 45 Special Projects: Physical Education	2.0
PE 48 Exercise Science	3.0
PE 49 Psychology of Sports	3.0
PE 50 Nutrition for Fitness and Sport	3.0
PE 51 Fitness and Exercise Prescription	2.0
	Total: 18.0

- Each course must be completed with at least a minimum grade of “C.”
- Equivalent courses from other accredited colleges verified by official transcript maybe accepted upon approval of the division chairperson. The last 12 units of the certificate must be completed, in residence, at San Joaquin Delta College.
- For those courses that require a skill-level prerequisite, students must have met the prerequisite skills successfully before enrolling in the course.