

FITNESS AND HEALTH

missioncollege.edu/depts/kinesiology

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Dean: Roy Vasquez

Fitness and Health: Certificate of Achievement (CA)

The Fitness and Health Certificate at Mission College is designed to provide an in-depth study and practical application of the current standards and foundational skills of assessment, fitness testing, program design, implementation and evaluation of fitness and exercise programs as well as nutrition, mental health management and behavior modification techniques. This certificate is aimed at helping students who are seeking careers or additional training in the fitness and health industry. Therefore, in addition to learning the academic, foundational principles of fitness and health in the traditional classroom, students will also engage in hands-on learning and teaching techniques, which will aid them in being prepared to work in the field. This program also helps to prepare students to sit for nationally recognized fitness and health certification exams from organizations such as: American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), Aerobics and Fitness Association of America (AFAA), and National Strength and Conditioning Association (NSCA).

Program Learning Outcomes:

- Exhibit an understanding of the impact of training on the major systems of the human body and apply industry best practices to develop safe and effective training programs.
- Demonstrate the ability to conduct safe, motivational, and effective individual and group exercise training programs.
- Demonstrate knowledge of learned content by successfully passing exams from certifying agencies.

Career/Transfer Opportunities:

Students will enroll in UC and CSU transferable courses and have the skills and knowledge to pursue a career in the following: personal training, group fitness instructing, health or wellness coaching, weight management consulting, and fitness entrepreneurship.

To earn this certificate, students must complete the minimum required courses with a grade of C (or P) or better.

Core Requirements (12.5 units)		-Units
HOC 004	First Aid and CPR	0.5
KIN 066	Exercise Assessment and Program Design	3.0
KIN 067	Techniques of Fitness Instruction	3.0
KIN 068	Sport Psychology - or -	3.0
KIN 079	Lifetime Fitness	3.0
NTR 015	Human Nutrition	3.0

Elective (3 units):

Complete one (1) course from the following		Units
BUS 023	Social Media Marketing	3.0
BUS 051	Introduction to American Business	3.0
KIN 069	Stress Management Through Fitness and Lifestyle	3.0
KIN 081	Sport in Society	3.0

Kinesiology activity courses (2 units): Complete a minimum of two units from the following

		Units
KIN 014A	Volleyball - Introduction	1.0
KIN 014B	Volleyball - Beginning	1.0
KIN 014C	Volleyball - Intermediate	1.0
KIN 014D	Volleyball - Advanced	1.0
KIN 015A	Basketball - Introduction	1.0
KIN 015B	Basketball - Beginning	1.0
KIN 015C	Basketball - Intermediate	1.0
KIN 015D	Basketball - Advanced	1.0
KIN 019A	Soccer - Introduction	1.0
KIN 019B	Soccer - Beginning	1.0
KIN 020A	Badminton - Introduction	1.0
KIN 020B	Badminton: Beginning	1.0
KIN 020C	Badminton - Intermediate	1.0
KIN 020D	Badminton - Advanced	1.0
KIN 021A	Tennis - Introduction	1.0
KIN 021B	Tennis - Beginning	1.0
KIN 021C	Tennis - Intermediate	1.0
KIN 021D	Tennis - Advanced	1.0
KIN 023A	Archery - Introduction	1.0
KIN 023B	Archery - Beginning	1.0
KIN 023C	Archery - Intermediate	1.0
KIN 023D	Archery - Advanced	1.0
KIN 030A	Pilates Matwork - Introduction	1.0
KIN 030B	Pilates Matwork - Beginning	1.0
KIN 030C	Pilates Matwork - Intermediate	1.0
KIN 030D	Pilates Matwork - Advanced	1.0
KIN 032A	Cardio and Core Fitness -Introduction	1.0
KIN 032B	Cardio and Core Fitness -Beginning	1.0
KIN 032C	Cardio and Core Fitness -Intermediate	1.0
KIN 032D	Cardio and Core Fitness -Advanced	1.0
KIN 033A	Kickboxing Fitness- Introduction	1.0
KIN 033B	Kickboxing Fitness - Beginning	1.0
KIN 033C	Kickboxing Fitness - Intermediate	1.0
KIN 035A	Weight Training - Introduction	1.0
KIN 035B	Weight Training - Beginning	1.0
KIN 035C	Weight Training - Intermediate	1.0
KIN 037A	Cardio-Cross Training - Introduction	1.0
KIN 037B	Cardio-Cross Training - Beginning	1.0

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KIN 037C	Cardio-Cross Training - Intermediate	1.0
KIN 037D	Cardio-Cross Training - Advanced	1.0
KIN 038A	Lower Body Conditioning Introduction	1.0
KIN 038B	Lower Body Conditioning Beginning	1.0
KIN 038C	Lower Body Conditioning - Intermediate	1.0
KIN 038D	Lower Body Conditioning - Advanced	1.0
KIN 038E	Lower Body Conditioning - Endurance Training	1.0
KIN 038F	Lower Body Conditioning - Speed Training	1.0
KIN 038G	Lower Body Conditioning - Agility Training	1.0
KIN 038J	Lower Body Conditioning - Plyometric Training	1.0
KIN039A	Fire Agility - Introduction	2.0
KIN039B	Fire Agility - Beginning	2.0
KIN039C	Fire Agility - Intermediate	2.0
KIN039D	Fire Agility - Advanced	2.0
KIN 040A	Modern Dance - Introduction	1.0
KIN 040B	Modern Dance - Beginning	1.0
KIN 040C	Modern Dance - Intermediate	1.0
KIN 040D	Modern Dance - Advanced	1.0
KIN 041A	Ballet - Introduction	1.0
KIN 041B	Ballet - Beginning	1.0
KIN 041C	Ballet - Intermediate	1.0
KIN 041D	Ballet - Advanced	1.0
KIN 042A	Jazz Dance - Introduction	1.0
KIN 042B	Jazz Dance - Beginning	1.0
KIN 042C	Jazz Dance - Intermediate	1.0
KIN 046A	Ballroom Dancing - Introduction	1.0
KIN 046B	Ballroom Dancing - Beginning	1.0
KIN 046C	Ballroom Dance - Intermediate	1.0
KIN 046D	Ballroom Dance - Advanced	1.0
KIN 047A	Hip Hop - Introduction	1.0
KIN 047B	Hip Hop - Beginning	1.0
KIN 047C	Hip Hop - Intermediate	1.0
KIN 047D	Hip Hop - Advanced	1.0
KIN 048A	Latin Dance/Salsa - Introduction	1.0
KIN 048B	Latin Dance/Salsa - Beginning	1.0
KIN 050A	Tai Chi - Introduction	1.0
KIN 050B	Tai Chi - Beginning	1.0
KIN 050C	Tai Chi - Intermediate	1.0
KIN 051A	Aikido - Introduction	1.0
KIN 051B	Aikido - Beginning	1.0
KIN 051C	Aikido - Intermediate	1.0
KIN 053A	Karate - Introduction	1.0
KIN 053B	Karate - Beginning	1.0
KIN 053C	Karate - Intermediate	1.0
KIN 055A	Self-Defense - Introduction	1.0
KIN 055B	Self-Defense - Beginning	1.0
KIN 061A	Hatha Yoga - Introduction	1.0
KIN 061B	Hatha Yoga - Beginning	1.0
KIN 061C	Hatha Yoga - Intermediate	1.0
KIN 061D	Hatha Yoga - Advanced	1.0
KIN 063A	Hiking - Introduction	1.0
KIN 063B	Hiking - Beginning	1.0
KIN 063C	Walk/Jog for Fitness - Introduction	1.0
KIN 063D	Walk/Jog for Fitness - Beginning	1.0

Total Required Units: 17.5