

Certificate in Fitness Programming and Management

The Undergraduate Certificate in Fitness Programming and Management (FPM) provides students with the initial knowledge and skills to assist individuals across the lifespan in adopting physical activity, exercise, and other healthy behaviors that lead to increased fitness, wellness and optimal health. Students will have an opportunity to build an understanding of how to apply management concepts and business approaches towards the fitness industry. Students are prepared to begin the process to pursue national certifications provided by professional organizations in fields of study related to exercise and strength and conditioning.

FPM Certificate awardees will possess:

- Foundational knowledge in fitness, exercise, and physical activity.
- An understanding of the need for helping people make healthy behavior changes and lessen unhealthy behaviors.
- Competencies required to begin the process to obtain the Fitness/Exercise Personal Training and Group Fitness certifications.

Requirements

Students will need to complete 15 credit hours in the following courses.

Required: Choose 2 of 3 Core NEP Courses		6
NEP 1340	Introduction to Exercise and Fitness	3
NEP 2140	Exercise Practicum I	3
NEP 3450	Activity Throughout the Lifespan	3
Required Business Courses		6
ACCTCY 2010 or ACCTCY 2026	Introduction to Accounting Accounting I	3
ECONOM 1014 or ABM 1041	Principles of Microeconomics Applied Microeconomics	3
Choose 1 Health Professions Elective		3
HLTH_SCI 2500	Introduction to Rehabilitation Science	3
HLTH_SCI 3300	Public Health Principles, Practice, and Education	3
HLTH_SCI 3600	Health Promotion Programs I: Assessment and Planning	3
HLTH_SCI 3800	Holistic Health Systems for the Health Professions	3
HLTH_SCI 4300	Health Care in the United States	3
HLTH_SCI 4430	Health Care Across the Lifespan	3
HLTH_SCI 4520	Health Care Project Management	3