

# Certificate in Fitness Programming and Management

HLTH_SCI 4430	Health Care Across the Lifespan	3
HLTH_SCI 4520	Health Care Project Management	3

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.
- Understanding of the need for helping people make healthy behavior changes and lessen unhealthy behaviors.
- Competencies for students to become better-rounded candidates for professional school and/or future job positions.

## Requirements

Students will need to complete 12 credit hours from the course list for the FPM Certificate. A grade of C- or higher is required in FPM Certificate Core Course and FPM Certificate Core Elective.

<b>FPM Certificate Core Course - Required</b>		<b>3</b>
FPM 2130	Exercise Techniques	3
<b>FPM Certificate Core Elective - Choose One</b>		<b>3</b>
PTH_AS 2201	Human Anatomy Lecture	3
NEP 1340	Introduction to Exercise and Fitness	3
<b>FPM Certificate Electives - Choose Two</b>		<b>6</b>
FPM 3130	Exercise Techniques II	3
FPM 3250	Foundations of Movement in Exercise	3
FPM 4440W or FPM 4440	Fitness Programming - Writing Intensive Fitness Programming	3
MANGMT 3000 or MANGMT 3000W	Principles of Management Principles of Management - Writing Intensive	3
MRKTNG 3000	Principles of Marketing	3
ECONOM 1014 or ABM 1041	Principles of Microeconomics Applied Microeconomics	3
ECONOM 1015	Principles of Macroeconomics	3
HLTH_SCI 2500	Introduction to Rehabilitation Science	3
HLTH_SCI 3600 & HLTH_SCI 3610	Health Promotion Programs I: Assessment and Planning and Health Promotion Programs II: Implementation, Evaluation, and Communication (These courses must be taken concurrently.)	6
HLTH_SCI 3700 or HLTH_SCI 3700H	Health Care in the United States Health Care in the United States - Honors	3
HLTH_SCI 3800	Holistic Health Systems for the Health Professions	3