

OCCUPATIONAL CERTIFICATE (CERT) AWC ADVISEMENT CHECK SHEET

To help you decide upon which courses to include in both the major and elective blocks, you and your advisor should consult university requirements for specific required and recommended courses.

Fitness Training Professional									
Student Name	ID #	Advisor	Major Code: CERT FTPR Credits: 30						
Designed to prepare individuals for employment in the fitness industry and/or prepare the individual interested in continuing their education leading to careers in exercise science, health and wellness, and physical education.									
Required Major Courses (27 credits)					Cr	Gr	Sem	App*	Notes
EXW100	Health and Wellness				3				
EXW 212	Exercise Science				3				
EXW 214	Instructional Competency: Flexibility and Mind-Body Exercises				2				
EXW 216	Instructional Competency: Muscular Strength and Conditioning				2				
EXW 218	Instructional Competency: Cardiorespiratory Exercises and Activity				2				
EXW 245	Guidelines for Exercise Testing and Prescription				3				
EXW 275	Fitness Professional Practicum				3				
EXW 280	Certification Prep				3				
NTR 201	Nutrition				3				
PEM 202	Sports Injury Management				3				
Department Electives (Select 3 credits from the following courses)					Cr	Gr	Sem	App*	Notes
EXW 101	Intro to Exercise Science, Kinesiology, and Physical Education				3				
EXW 265	Exercise for Special Populations				3				