

# 2019-2020 TTC Catalog

## Fitness Specialist

### Certificate in Applied Science

#### 37 Credit Hours

The Fitness Specialist certificate provides entry-level training for the fitness industry. Graduates will be qualified to work in gyms, commercial and corporate fitness centers and provide aerobics, cardio, weight training, wellness and personal fitness training services.

#### Major Requirements

BIO 112 Basic Anatomy and Physiology 4 \*  
BIO 238 Musculoskeletal System Anatomy 3  
SFT 101 Introduction to Exercise Physiology 3  
SFT 105 Fitness Assessment and Exercise Program Design 3  
SFT 107 Nutrition for Fitness and Training 3  
SFT 109 Lifetime Fitness and Wellness 3  
SFT 110 Weight Training: Theory and Application 3  
SFT 121 Medical Exercise 3  
SFT 125 Personal Training Techniques 3  
SFT 130 Aerobics Instructor Training 3  
SFT 202 Internship for the Personal Trainer 3  
SPC 205 Public Speaking 3  
or  
SPC 209 Interpersonal Communication 3

Total: 37

\*Students who have successfully completed BIO 210 and BIO 211 may substitute both courses for this requirement.

In order to graduate, students must complete a one-semester, 126-hour internship (SFT 202). Assignments in the field experience include gyms and facilities in the tri-county area. A criminal background check and a drug test are required for students prior to internship placement. Students may be subject to additional agency screening above and beyond those required by TTC. Students must provide proof of current CPR and First Aid (card must be current through the ACE, CPT exam testing date and internship placement).

#### Admission Requirements

Admission into this program requires proof of high school graduation (or GED) and qualifying scores on SAT, ACT or the TTC placement test.