

2020-2021 TTC Catalog

Fitness Specialist

Certificate in Applied Science 12 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

SFT 104 Anatomy and Physiology for Fitness Professionals 3
SFT 109 Lifetime Fitness and Wellness 3
SFT 110 Weight Training: Theory and Application 3
SFT 125 Personal Training Techniques 3

Total: 12

Admission Requirements

1. Proof of high school graduation (or GED)
2. Achieve the qualifying scores on the TTC placement test, SAT, or ACT; or achieve a minimum weighted high school GPA of 3.0 within the last five years; or complete RWR 100 Integrated Transitional Reading and English with a minimum grade of C and satisfactorily complete MAT 032 Developmental Mathematics or their equivalent courses from an approved, regionally accredited postsecondary institution.

Course Progression

In order to progress to the next term, students must do the following:

1. Earn a grade of C or better in all SFT courses required for the program
2. Earn a satisfactory grade of S on all professional development evaluations.