# EXERCISE SPECIALIST

## Clovis Community College

**Certificate of Completion**

### Catalog 2015-2017

|  |  |  |  |
| --- | --- | --- | --- |
| NAME |  | DATE |  |
| STUDENT ID# |  | ADVISOR |  |

**PROGRAM REQUIREMENTS (30 CR)**

|  |  |  |
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| BIOL 115 Human Biology and Lab | 4 |  |
| HPE 121 Personal Health | 3 |  |
| HPE 142 Fundamentals of Physical Well Being | 2 |  |
| HPE 143 Fundamentals of Coaching | 2 |  |
| HPE 144 Fitness Concepts for Special Populations | 2 |  |
| HPE 145 History and Concepts in Physical Ed | 3 |  |
| HPE 147 Intro to Care & Prevention of Athletic Injures | 3 |  |
| HPE 148 Intro to Kinesiology | 3 |  |
| HPE 149 Training Theory | 3 |  |
| HPE 220 First Aid and CPR | 2 |  |
| HPE 221 Weight Training **OR**HPE 222 Circuit Weight Training | 1 |  |
| HPE 223 Advanced Weight Training | 1 |  |
| HPE Aerobic Activity Course | 1 |  |

**TOTAL CREDITS REQUIRED 30 CR**

**\*Course requires a prerequisite.**

**(Fifteen semester hours towards degree or certificate must be completed at CCC with a 2.0 cumulative CCC grade point average.)**