Exercise Specialist

Holland code family: Helpers

Certificate of Completion

www.roguecc.edu/Counseling/HollandCodes/test

About the Program

The Exercise Specialist two-term certificate program prepares students for work in entry-level positions as professional members of preventive health care teams. Students could expect to find employment in a variety of health and fitness clubs, wellness centers, public and private recreation facilities, hospitals, and corporate fitness programs where a working knowledge of instruction and administrative duties is required.

The variety of duties that may be performed by an exercise specialist include: directing safe and effective exercise programs, assisting at the front counter with phones and advertising, supervising weight and cardio areas, organizing adult and children's programs, assisting residents in a retirement or Alzheimer's setting, working as a personal trainer with clients, assisting with swim classes and conducting exercise classes. Additional duties may also include participating in open gym activities and sports organizations, conducting fitness testing and instructing clients in appropriate sport and fitness activities, sales, and club business operations and member retention efforts. Exercise specialists have a background in basic anatomy and physiology, fitness assessment and programming, training in interpersonal skills, customer relations, behavior modifications, and fitness promotion.

The program is designed to correlate classroom and laboratory experience with practical experience in facilities in the community. During the course of study, successful students may be certified by the American Heart Association (AHA) at the Health Care Provider level for CPR, the community level for first aid, and be prepared to take the Group Fitness Instructor certifying exam given by the American Council on Exercise (ACE). Students will also be prepared to take any one of several national personal trainer exams.

The U.S. Department of Education requires disclosure of specific information about career and technical certificate programs to prospective students. Data includes Standard Occupational Classification (SOC) codes, graduation rates, tuition and fees, typical costs for books and supplies, job placement rates for students completing the programs, and median loan debt incurred by students completing the programs. For more information visit www.roguecc.edu/GainfulEmployment.

Entry Requirements

Students are required to complete the Placement Process to determine skill level and readiness in math, reading, and writing. As part of their training program, students must begin with the courses within their skill level as determined by the results of their placement assessment. In addition, students may also be required to enroll in classes that would increase their employability and success.

Advanced Standing

Coursework from accredited colleges and universities will be accepted in accordance with college policies and the Health, PE, and Recreation Department chair's approval. In order to ensure that coursework is current, program courses over five years old must be reviewed and approved by the appropriate department chair before being accepted toward core requirements. Each student with College Now credit must meet with the department chair to determine placement. Students requesting advanced placement or transfer credit from prior coursework must submit a written request to the department along with transcripts and course descriptions for all coursework.

Graduation Requirements

Students completing the credits in the program with a grade of "C" or better will receive their certificates. Certain required courses are graded on a pass/no pass basis only. A grade of "P" for these courses indicates a student earned the equivalent of a "C" or better grade. Credits earned in this program can be applied to the Associate of General Studies degree.

What skills will you learn?

Visit http://go.roguecc.edu/department/program-learning-outcomes.

What are the employment opportunities?

Visit http://www.roguecc.edu/GainfulEmployment.

Prerequisites

Course No.	Course Title	Credits
CS__	Approved 3-4 credit computer science class, CS120 or above or documented computer proficiency [1]	0-4
MTH20	Pre-algebra or designated placement test score	0-4
RD90	College Reading	0-4
WR115	Introduction to Expository Writing or BT113 Business English I or higher level composition class [2]	3-4
Total Prerequisite Credits		**3-16**

Required Core Courses

Course No.	Course Title	Credits
First Term		
HE131	Introduction to Exercise and Sport Science	3
HPE295	Health and Fitness for Life	3
MTH60	Fundamentals of Algebra I or MTH63 Applied Algebra I or BT160 Business Math or higher level math	4
PE185D	Physical Conditioning/Weight Training	1
PE194	Principles of Exercise Training and Conditioning	2
PE290	Fitness Instructor	2
		15
Second Term		
BI100SB	Biology of Human Body Systems or BI121 Elementary Anatomy and Physiology I w/lab or BI231 Human Anatomy and Physiology I w/lab	3-4
BT101	Human Relations in Organizations or PSY101 Psychology of Human Relations	3
HE259	Care and Prevention of Athletic Injuries	3
HE261	CPR/Basic Life Support Provider or HE112 Emergency First Aid	1
PE185E	Yoga or PE185J Pilates or PE185L Lap Swimming or PE185Q Aquatics for Personal Trainers or PE185M Multi-level Aerobics or PE185TC Tai Chi or PE185F Karate or PE184 Adaptive Physical Education or PE185Q Aquatics for Personal Trainers	1
PE185K	Core and Cardio or PE185N Circuit Fitness Training or PE185T Toning, Training and TRX or PE185WW Women and Weights or PE185Z Zumba or Strong by Zumba or PE185SS Step and Stuff	1
PE264	Fundamentals of Personal Training	2
PE280	Cooperative Work Experience/Physical Education	2
		16-17
TOTAL PROGRAM CREDITS		**31-32**

[1] Required for graduation. Successful completion of CS120, or otherwise meeting the proficiency requirement within the last 10 years, fulfills this requirement. Contact a computer science advisor to help determine placement.

[2] Students who have successfully completed the 3-credit version of BT113 will have met the writing requirement.

For more information contact the Health, PE, and Recreation Department at:

Grants Pass 541-956-7140
Medford 541-245-7504
Toll free in Oregon . . . . 800-411-6508, Ext. 7140 or Ext. 7504
email . . . . rwchealthpe@roguecc.edu or rvchealthpe@roguecc.edu
Web address . . . . www.roguecc.edu/HPER
TTY . . . . Oregon Telecom Relay Service, 711

This advising guide is for advising purposes only. Please see current college catalog for additional information on specific college policies and graduation requirements.

RCC is an open institution and does not discriminate. For RCC's non-discrimination policy and a full list of regulatory specific contact persons visit the following webpage: www.roguecc.edu/nondiscrimination.

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