



# *Exercise Science and Wellness Department*

Have you ever thought of becoming a  
Personal Trainer  
Group Exercise Instructor  
Fitness Instructor  
Athletic/Conditioning Coach



Then consider taking courses to earn the

## **Grossmont College** **Fitness Specialist Certificate**



This program can be completed in as soon as one year or over the course of a few years, depending on how many classes you take each semester. Program classes are offered during Fall, Spring and Summer semesters, with most students starting the program in the Fall. See back of flyer for course requirements and schedule.

Most classes are conducted in the late afternoon, early evening hours, but some classes can also be taken during daytime class hours (Nutrition for Athletes and Care and Prevention of Athletic Injuries).

The Exercise and Fitness Industry continues to grow and expand, especially since people are struggling to maintain a healthy lifestyle and balance as they age. With budget cuts to schools, kids are also in need of fitness training and parents are willing to pay to keep their families healthy and fit.



Join us for an informational meeting about the classes,  
the program and the job opportunities.  
Thursday, August 20 — 4pm — Room 41-117

Call Lisa Garrity — 619-644-7454 x 3610 or email  
[Lisa.Garrity@gccd.edu](mailto:Lisa.Garrity@gccd.edu)  
If you have questions or need further information.



# **Grossmont College**

## **Fitness Specialist Certificate**

The Fitness Specialist Certificate Program is a one-year (Fall, Spring, Summer) program that starts every August. It is recommended that students have good, basic math skills and are familiar with human anatomy. This is a very rigorous program. Students will need to allow 16 hours per week for homework alone. There are 6 classes in the program that require books. One of the texts is used for 3 of the 6 classes (NSCA Personal Trainer Manual). The cost for text books for each class is approximately \$85. Additional materials cost is approximately \$40.

The Fitness Specialist Certificate is a program that provides entry level training in the fitness/health industry as a personal trainer and/or group exercise leader. The one-year program is well-rounded, including instruction in anatomy, kinesiology, exercise physiology, nutrition, treatment of injuries and practical training techniques for normal and special populations. All students do community service learning in the Personal Training and Group Exercise Leadership field as part of a supervised internship.

The program is designed to help prepare students to sit for industry exams for certification from the following organizations:

ACE – American Council on Exercise—Personal Trainer or Group Exercise Instructor  
NASM – National Academy of Sports Medicine — Optimal Performance Trainer  
AFAA – Aerobic Fitness Association of America — Personal Trainer or Group Exercise Instructor  
NSCA – National Strength and Conditioning Association — Personal Trainer  
ACSM — American College of Sports Medicine — Personal Trainer

All students who successfully complete the program with a grade of “C” or better in every class are eligible for the Certificate of Proficiency in Fitness Training offered by Grossmont College.

### **Sample Job Titles (some entry level and others requiring experience):**

Certified Personal Trainer  
Group Exercise Instructor  
Fitness Consultant  
Lifestyle Weight Management Consultant  
Fitness Trainer  
Fitness Practitioner  
Fitness Manager

### **Courses Required for the Certificate of Proficiency:**

HED 158—Nutrition for Athletes — Fall, Spring, Summer  
ES 255 — Care and Prevention of Athletic Injuries — Fall, Spring  
ES 291 — Anatomy and Kinesiology for the Fitness Specialist — Fall  
ES 292 — Exercise Physiology for the Fitness Specialist—Fall  
ES 293 — Fitness Assessment and Strength Training Program Design for the Fitness Specialist — Spring  
ES 294 — Program Design for Healthy Adults and Special Populations — Spring  
ES 196/296 — Community Service Learning Seminar and Internship — Summer

ES 291 and 292 must be taken concurrently (same semester) and are pre-requisites for ES 293 and 294  
ES 293 and 294 must be taken concurrently and are pre-requisites for ES 196/296

**For Questions and Additional Information Contact**  
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