

Student ID: _____
Student Name: _____
Adviser Name: _____

General Catalog: College Catalog 2019-2020
Program: Health and Wellness Certificate
Minimum Credits Required: _____

Health and Wellness Certificate

The Health and Wellness Certificate program is focused on developing students who can demonstrate knowledge of human movement to improve quality of life for both individuals and society. It will prepare students for jobs in personal training, as well as in physical and occupational therapy settings.

Certificate recipients will be able to:

1. Illustrate and apply professional employability skills, such as the ability to communicate, convey and design personalized health promotion programs for individuals.
2. Apply an understanding of human movement, personal training and physical therapy to the Health and Wellness professional industry.
3. Research, design and implement health assessment tools for the purpose of individualizing clients' progression plans.
4. Emphasize and promote cultural competency in professional, community and classroom settings.

Required Courses (23 credits)

Course Name	Credits:	Term Taken	Grade	Gen Ed
HWE 255 - Certified Personal Trainer Preparation	Credits: 3(3-0)			
HPE 231 - Care and Prevention of Athletic Injuries	Credits: 3(3-0)			
HWE 230 - Exercise and Sports Psychology	Credits: 3 (3-0)			
HPE 102 - Introduction to Sports Medicine	Credits: 2 (2-0)			
HPE 188 - Athletic Training Practicum	Credits: 1(0-1)			
HWE 289 - Capstone	Credits: 2 (0-2)			
HWE 237 - Exercise, Nutrition, and Body Composition	Credits: 3(3-0)			
HWE 122 - Responding to Emergencies	Credits: 2 (2-0)			
BUS 115 - Introduction to Business	Credits: 3(3-0)			
COM 115 - Public Speaking	Credits: 3(3-0)			
OR				
COM 125 - Interpersonal Communication	Credits: 3(3-0)			

Any one PED course: (1 credit)

Course Name	Credits:	Term Taken	Grade	Gen Ed
PED 100 - Fitness Concepts	Credits: 1(0-1)			
PED 102 - Weight Training I	Credits: 1(0-1)			
PED 103 - Weight Training II	Credits: 2(0-2)			
PED 104 - Cross Training	Credits: 1(0-1)			
PED 110 - Fitness Center Activity I	Credits: 1(0-1)			
PED 111 - Fitness Center Activity II	Credits: 1(0-1)			
PED 112 - Fitness Center Activity III	Credits: 1(0-1)			
PED 113 - Fitness Center Activity IV	Credits: 1(0-1)			
PED 143 - Yoga I	Credits: 1(0-1)			
PED 144 - Yoga II	Credits: 1(0-1)			
PED 151 - Walking and Jogging	Credits: 1(0-1)			
PED 163 - Martial Arts I	Credits: 1(0-1)			
PED 200 - Swimming I	Credits: 1			
PED 201 - Swimming II	Credits: 1			
PED 202 - Golf I	Credits: 1 (0-1)			
PED 203 - Golf II	Credits: 1 (0-1)			
PED 232 - Baseball	Credits: 1 (0-1)			
PED 233 - Softball	Credits: 1 (0-1)			
PED 234 - Basketball	Credits: 1 (1-0)			
PED 235 - Soccer	Credits: 1 (0-1)			
PED 237 - Varsity Sports	Credits: 1(0-1)			

Notes:
