EXERCISE SCIENCE CERTIFICATE

Award: Certificate
No. of credits required: 19
For more information: *Contact Associate Professor Cindy Kelley at 443-412-2225 or* ckelley@harford.edu*, or Admissions at 443-412-2109.*

Program Description

The Exercise Science Certificate curriculum provides foundational knowledge that will prepare a student for a career as either a personal trainer or a fitness specialist. The courses use a hands on approach, combined with multiple learning methods, to ensure a student is ready for these career paths.

Program Goals

1. Explain the fundamental concepts of exercise science.
2. Demonstrate entry-level knowledge and skills necessary for safe and appropriate health screenings and assessment.
3. Design and implement effective exercise prescriptions for various populations.
4. Demonstrate standards of professional practices.
5. Demonstrate the knowledge and skills needed to take a National Commission for Certifying Agencies (NCCA) accredited certification exam.

Certificate Requirements

Students earning a certificate from HCC must complete or demonstrate exemption from the following courses: ENG 003 Reading and Understanding College Textbooks and ENG 012 Basic Writing, or ENG 018 Integrated Reading and Writing, and MATH 020 Pre-Algebra I. See graduation requirement details in this catalog for further information.

Required Courses

Code	Title	Credits
EXSC 101	Introduction to Exercise Science	3
EXSC 202	Fitness Instruction	3
HLTH 106	Nutrition for Personal Wellness (GI)	3
PE 229	Advanced Weight Training	1
EXSC 201	Fitness Assessment & Program Design	3
HLTH 102	EMC, First Aid, and Safety	3
EXSC 283	Exercise Science Internship	3
Total Credits		**19**

General Education Degree Requirements

Note: The following codes identify courses which satisfy the General Education Degree Requirements:

Behavioral/Social Science (GB)
English Composition (GE)
Arts/Humanities (GH)
Interdisciplinary and Emerging Issues (GI)
Biological/Physical Laboratory Science (GL)
Mathematics (GM)
Biological/Physical Science (GS)