CERTIFICATES

Event and Convention Planning—Basic

Certificate of Proficiency

Career/Technical (Major Code: 02966)

Prepares students to gain an entry-level position as event, meeting, and convention planners. Provides an overview of the opportunities available in the broad area of hospitality and tourism and prepares students with fundamental skills to gain employment.

7	Total units	11
EVNT 157 C	Corporate Event Project Management	3
EVNT 155 E	Event Marketing	3
EVNT 154 I	Introduction to Event and Convention Planning	3
CIS/LIB 151 I	Research Using the Internet	1
CL 120	Computer Literacy	1

⚠ Event and Convention Planning— Advanced

Certificate of Achievement

Career/Technical (Major Code: 02967)

Prepares students to gain an entry-level position as an event, meeting, and convention planner. Provides an overview of the opportunities available in the field and prepares students with fundamental skills to gain employment.

		Total units	20-21
	EVNT 157	Corporate Event Project Management	3
	EVNT 155	Event Marketing	3
	EVNT 154	Introduction to Event and Convention Planning	3
	CL 120	Computer Literacy	1
	CIS/LIB 151	Research Using the Internet	1
	CIS 122B	Spreadsheet Software—Excel	1
		Work Experience in Business I–IV (2–4)	2
	BUS 290-29	3	
	BUS 210	Business English	3
L	ACCT 101	Principles of Accounting I (4)	
l		OR	3-4
	ACCT 7	Basic Business Bookkeeping (3)	

Note: For other options in Event and Convention Planning, see Hospitality, page 172.

Exercise Science

School of Health, Exercise Science, Athletics and Applied Technology

Dean Terry Davis, M.H.A., Office 1000K, 619-482-6551 Faculty Duro Agbede, Ph.D.; Edward A. Carberry, M.A.; John D. Cosentino, M.A.; Karen Cravens, M.A.; Melanie Durkin, M.A.; Valerie Goodwin, M.Ed.; Jennifer Harper, M.A.; Walt Justice, M.A.; Dionicio Monarrez, M.Ed.; Michael Meehan, M.Ed.; Mustafa Tont, M.A., M.Ed.; Yasmin Mossadeghi, M.S.; Toni Pfister, M.S., Ed.D.; Brad Platt, M.S.; Angela Rock, M.S. Department Chair Karen Day Cravens, M.A.

General Description

Exercise Science is an academic area of study concerned with the art and science of physical movement. This department explores the processes through which individuals obtain optimal health, physical skills, and fitness. Learning concentrates on human movement as it affects and is affected by physiological, psychological, cultural, social, and mechanical parameters. The application of movement concepts evolves from a foundation in human anatomy, physiology, and principles of kinesiology that cover healthful living, nutrition, and emergency practices.

Career Options

Below is a sample of the career options available for the exercise science major. A few of these require an associate degree, most require a bachelor's degree, and some require a graduate-level degree: athletic trainer, high school or college instructor, coach, corrective therapist, exercise test technologist, sports medicine doctor, recreation specialist, community center leader, personal trainer, rehabilitation technician, sportscaster, referee, resort sports coordinator, and sports club manager or personnel, exercise physiologist and physical therapist.

Degree/Certificate Options	Major Code	
Associate in Arts Degree: Transfer Preparation Exercise Science	A1360	
Certificate of Achievement Fitness Specialist Certification—Advanced	01362	
Certificate of Proficiency Fitness Specialist Certification—Basic	01361	

Consult with a counselor to develop a Student Education Plan (SEP), which lists the courses necessary to achieve your academic goal.

ASSOCIATE IN ARTS DEGREE

Exercise Science

Transfer Preparation * (Major Code: A1360)

Exercise science is the study of the processes through which individuals obtain optimal health, physical skills, and fitness. The academic foundation of exercise science is the study of human movement as it affects and is affected by physiological, psychological, developmental, sociocultural, and mechanical parameters.

While this program emphasizes preparation for the teaching career, the physical educator is prepared for a wide range of career opportunities in such fields as physical therapy, athletic training, recreation, research, and private fitness and health.

First Semester BIOL 100 Principles of Biology 3 BIOL 101 Principles of Biology Laboratory 1 ES/T 202 Introduction to Physical Education Second Semester BIOL 260 Human Anatomy 5 3 SOC 101 Introduction to Sociology **Third Semester** CHEM 100 Introduction to General Chemistry 4 3 COMM 103 Oral Communication Complete 1 unit from ES/Activity 1 **Fourth Semester** BIOL 261 Principles of Human Physiology 4 PSYC 101 General Psychology 3 Complete 1 unit from ES/Activity 1 Total units

To earn an associate degree, additional general education and graduation requirements must be completed. See page 49.

* Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institutiontoinstitutionandare subject to change. Therefore, it is important to verify transfer major preparation and general education through consultation with a counselor in either the Counseling Center or Transfer Center. See catalog TRANSFER COURSES INFORMATION section on page 32 for further information.

CERTIFICATES

Fitness Specialist Certification—Basic

Certificate of Proficiency

Career/Technical (Major Code: 01361)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

	Total units	16
ES/T 140	Introduction to Applied Kinesiology	2
ES/T 139	Fitness Specialist Internship	3
ES/T 138	Techniques of Exercise Leadership	2
ES/T 137	Exercise for Special Populations	2
ES/T 136	Techniques of Weight Training	2
ES/T 135	Introduction to Exercise Physiology	2
HLTH 202	Nutrition for Athletes	3

Fitness Specialist Certification—Advanced

Certificate of Achievement

Career/Technical (Major Code: 01362)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

	Total units	21
ES/T 250	Prevention and Care of Athletic Injuries	2
ES/T 140	Introduction to Applied Kinesiology	2
ES/T 139	Fitness Specialist Internship	3
ES/T 138	Techniques of Exercise Leadership	2
ES/T 137	Exercise for Special Populations	2
ES/T 136	Techniques of Weight Training	2
ES/T 135	Introduction to Exercise Physiology	2
HLTH 202	Nutrition for Athletes	3
HLTH 110	First Responder	3